

THE Way to get Wealth;

O R,

An easie Way to make Wine

O F

Gooseberries,	Dewberries,	Damsons,
Currans,	Pears,	Figs,
Rasberries,	Cherries,	Cowslips,
Mulberries,	Peaches,	Scurvygrass,
Elderberries,	Apricocks,	Mint,
Blackberries,	Quinces,	Morella,
Strawberries,	Plumbs,	Bawm,
		Apples and Roses,

Equal to that of *France*, with their Physical Virtues: Also to make Cyder, Mead, Rum, Rack. The true Art of Distilling of Brandy, Strong Waters, Cordial Waters: To make Pickles and divers sorts of Vinegars; The Mystery of Confectioners: To recover Wine damaged; Physical Receipts of our Modern Doctors for most Diseases. To help a bad Memory, so that you may remember all that you ever read or do: To make all your wearing Apparel keep out Rain tho' never so great Showers; The Duty of all sorts of Servant Maids, with Directions to Dress Flesh, Fish and Fowl. To Encrease Peas, Beans, Wheat, Barley exceedingly, so that you may have a Treble Crop; To make *China* Varnish, and Black Ground for Japan Work; To black Wood, Gild: To make Coffee, Tea, Chocolate; A Help to Discourse, and divers Curiosities, of *B. Porta*, *Alexis*, and others; by the Author of *The way to save Wealth*, and also of a Thousand Notable Things.

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To make all sorts of Wines.

TAKE those Grapes that are full ripe, pick off, put the red by themselves, and white by themselves; press either sort, separated from the Stalks as much as you can, and the Wine drawn off without breaking the Stones or Kernels, being put into a close Cask, let it stand stopt up in the Sun, or in some warm place for 8 or 10 days, and then refin'd by Racking or Drawing off from the Lees; it will, if bottled up, taste fresh and pleasant, and if the Red sort look pale, it may be made a pure Claret Colour by putting a Spoonful of Red Wine into a Quart. Wine of Gooseberries, Currans, Raspberries, Strawberries, Mulberries, Cherries, Damsons, &c. must be pressed out as the former; but will not keep, unless they are boil'd up in a little Sugar, and the Scum taken off, and then work it when cooling with a little Ising-glass, and a small quantity of new Ale Yeast, and it will be very pleasant. Dr. S.

Meath. Put a quart of Honey to a Gallon of Water, and ten sprigs of sweet Marjoram, five Tops of Bays, boil them well together, and when cold, bottle it up, in 9 days it will be ready to drink.

Metheglin. Take 3 quarts of Honey, and 3 Gallons of Spring Water, set it on the fire till the Scum rises pretty thick, then scum it, and put in Rosemary, Thyme, Maidenhair, Hyssop, one handful of each; of Eglantine Leaves two

handfuls, put a little Nutmeg, Ginger, Mace and Cinamon; boil them together about half an hour, then take it off, and let it stand and cool, then strain it, and Tun it up, and stop it close; the longer you keep it the better.
C. D.

Cyder. The best is Red Streak, the next Pippin; first ground in a Mill small, and then squeez'd through hairy Bags, when the Liquor is quite out, then take a small quantity of water and honey, and press them again; this is called the second sort, then put it up into Casks, and let it stand 6 or eight days without opening, then to a Hogshead put a handful of Rie Meal, a pound of Honey or Loaf Sugar, an Ounce of beaten Alom dissolved in a quart of Cyder as hot as may be; put it in, which sets the other working, and when it's thoroughly purged, draw it off to the Lees into other Casks, and stop it up for use. Thirty Bushels of good Fruit will make a Hogshead of Cyder, and half a Hogshead of the second sort. Dr. S.

Perry. Is made of Pears in like manner, *Catherine* Pears are reckoned best; for want of a Mill, bruise the Fruit with a Beater in a Mortar or Trough, adding to the latter with the former Ingredients, a quart of Rhenish or brisk white Wine to Refine it.

Metheglin. After Honey is drain'd from the Combs as much as may be, steep them in a small Wort made of Malt and Water, and press out the remaining Sweet thorow a Bag, the Wort being cold, then add several handfuls of Rie Meal, and a pint of new Malt to each Gallon; being first curdled Posset-wise, and the Curd taken off them, adding more Honey, then boil up the Wort, and so draw it off into Casks, where being settled and well purged, draw it off into Bottles and keep for use. It's cool and pleasant.

Modern Physical Receipts for most Distempers.

Heart-burning. Take 2 Ounces of Chalk powder'd, in a pint of Milk and Water.

Another. Take an Ounce of Bole Almonack, and half an Ounce of Crabs Eyes, 2 Ounces of Chalk, 9 drops of Oil of Nutmegs; powder all, and take them in a quart of Milk and Water.

For Wind Cholick, Daff. Elixir, *D. L.'s way.*

Take *Guacum*, *Sena*, Liquorish sliced small, Coriander Seeds, Aniseeds and Elecampain Root, half an Ounce of each; a quarter of a pound of Raisins of the Sun stoned, bruise them all, and put into a quart of good *Aqua Vita*: Take 2 or 3 Ounces at a time, It presently gives ease in the Cholick.

If you would see more Receipts to make *Elixir Salutis*, and also for most Distempers of Mans Body: Look into a Book called *The way to save Wealth*, shewing how to live well for 2d. a day, with diverse other things of great use, *Pr. 1s. 6d.* Also another Book called *A Thousand Notable Things*, divers of which are Physical, and on most Subjects whatsoever.

For Agues often proved. Take Gunpowder, black Soap, stinking Tobacco and Brandy, of each an equal quantity, mix them well together, and about 3 hours before the Fit, apply it to the Patients Wrists, keep it on for 14 days.

Teeth to make white. Take some Brick-dust, and put it in a Linnen Cloth wet with water, and rub them, then wash the Mouth with clean water.

For a Tooth that Akes. Take Crude Opium and Camphir, of each 4 Grains, make them into 3 Pills with what Oil of Cloves is convenient; roll them in Cotton, put one into the hollow Tooth, and another after it if there be occasion.

For a Cold or Cough. Take a pint of Milk and boil it, and put a quarter of a pound of Treacle to it, when boiling, take off the Curd, and add a handful of Camomil Flowers to it when boil'd a while, drink it as hot as you can going to Bed, and keep warm.

For the Piles. Take Elder Buds, Tops of Parsly and Mullet, of each a handful, put fresh Butter to boil in it till 'tis green, and smells strong of the Herb, then strain and anoint the place 4 or 5 times a day.

To make all sorts of Cloth keep out Wet or Rain.

Take a sufficient quantity of Linseed Oil mixed with Rosin, and boil'd to a Varnish with Verdigrease, Vermilion, or what else you please, to colour the same; and when you find it is not clammy, but casts a bright Colour on a Rag or Cloth dipt in it, then dip therein the Cloth whereof you would make your Garment; then spread it abroad, and let it dry leisurely, and this will make a light Garment, and yet sufficient against all rainy weather.

How to make Salt of Herbs. Burn whole bundles of dry'd Rosemary, Sage, Hyssop, &c. in a clean Oven, and when you have gathered store of the Ashes of any one Herb, pour warm water on it, and make a strong and sharp Lee of those Ashes, then evaporate that Lee, and the settling in the Bottom is the Salt: This Salt according to the Nature of the Herb, hath its use in Physick.

Ears that are pain'd grievously. Warm new Milk dropt into them, so is the White of an Egg, being beat first into an Oil or Liquor, and the Oil of sweet Almonds, and the Oil of the Seeds of white Poppy.

Urine Heat. Take the Rinds of Hazle, steep them in Ale or Beer, and drink it first and last Draught every day, and at any other times.

Chin-

Chincough. Take a handful of Rue and stamp it, then mingle it with English Honey, and make it into a kind of Conserve, give it Morning and Evening and Afternoons, and to Bedward as much as a Damson at a time.

A Thrush in a Childs Mouth. Wash it Evening and Morning with a little Verjuice and Honey a little warmed, then blow in some white Sugar Candy Powder fine with a Quill.
H. W.

Physical Receipts.

For the Dropsie. Two Spoonfuls of beaten Mustard Seed steeped in a quart of Ale 40 hours, drink a quarter of a Pint Morning and Night.

Boil Rosemary in Milk, and drink the Milk at going to sleep, and it cures the Heart-burning.

How to make Wine of any Herb. Shred and bruise the Herbs and Roots, being fresh gathered, then put them into a Pot, then put in boiling water and cover it close, and so let it stand near the fire 12 hours or more, (but if the Herbs be dry, half an hour will serve) strain it, and to 2 quarts of the Liquor, put a pound of Sugar; then boil it a little, and skim it, and when it is clear put it into Bottles, and it may keep long in a cold place.

Virtues. Wine of Sanicle or Harts tongue for Consumption or Rickets; Camomil or Saxifrage for the Stone; Cowslips with one-third Corn Poppies, to procure Sleep; Violets and Groundsel for heat of the Liver, and to quench Thirst; Groundsel for Heat, and bound in the Body or Urine sharp. Agrimony or red Dock Roots, to cleanse the Liver and Rickets; Hyssop or Mallow-flower for Coughs and Rheums; Purple flowered Hearts Ease, for Convulsion Fits; Knot-grass for Raptures; Melilot for Cholick; Centory to help Digestion; Stinking Arach for Green-sickness; Celandine
with

with Limon Peel for Jaundice; Elder Leaves for the Kings-Evil and Dropſie; Pennyroyal; for Wind, Scurvygraſs, Water Crefles and Limon Peel for the Scurvy; Ground Ivy to cleanſe the Stomach; Sage for Headach; Comfrey and the Roots for inward Bruifes; Bears-foot with Cinamon for Worms; or Peach Leaves, Quinces to ſtay Vomiting; Butter Bur and Wood Sorrel for Fevers; Plantan or Clary for the Whites; Roots of Fern that grows on Tiles, for Fits of the Mother; Mouſe-ear for Chin-cough; Orpin for inward Ulcers, Bloody Flux; Rue to preſerve from Infection; Tulip Roots, nourishing; Vervain for the Thrush in Childrens Mouths, and Wine of Damask Roſes, gently purges the Stomach.

Pills for a Cough, Cold, Shortneſs of Breath or Phthiſick.

Take Pouder of Liquoriſh, Elecampane, flower of Brimſtone, Pouder of Orrice Root, Pouder of Aniſeeds, of each a like quantity, with as much Tar as will make it fit for a Pill. Take the quantity of a ſmall Nut Morning and Night. *D. Miſſe's.*

Jaundice. Broth made of Strawberry Leaves and Roots eaten ſome days together cureth. A Monk got vaſt Riches by this Secret.

Cods ſwollen. Take new Horſe-dung, mix the ſame with Vinegar and Butter; fry it in a Pan, and apply it to the place as hot as the Patient can endure it.

Another. Take of the Blades of Green Wheat and Parſley, of each one handful; boil it in freſh Butter with a little Milk and a little Oatmeal, and lay it to the Grief as hot as the Party may ſuffer it. *Mr. Cl-e.*

Poiſon to Expel. Take Lukewarm Water, temper it with Sallet Oil or ſweet Butter, and drink it off, it will cauſe the Party to vomit it up.

Smells

Smells that are Evil. Open your Mouth, and breath from thence, and they'll not harm you. T--n.

Canker in the Mouth. Mix Alom, Honey and Vinegar together, and wash the Mouth oft with it.

Short Windedness. Swallow Ten Juniper Berries every Morning.

Teeth hollow. Stop them with burnt Alom and Bees-wax.

Chops. Anoint with Capon or Goose-grease.

Chilblains. Take Beef Brine, warm it, and rub your Feet with it near the Fire at Night or Morning, or wash them your with own Water.

For a Consumption. Take Turneps half a Peck, pare them and cut them thin; a pound of Raisins of the Sun stoned, of Figs cut small a quarter of a pound, of Aniseeds bruised one Ounce, of Liquorish sliced, and Cloves bruised one Ounce, Burrage a handfull, and as much water as will cover all, and two fingers breadth above them. Put it in an Earthen Vessel, and boil it over a great Fire until the Roots are soft and tender, then strain out the Liquor, and to every Pint, put a pound of fine Sugar, and the whites of 2 Eggs beaten; boil it to a Syrup, and use of it 3 Spoonfulls at a time. H. W.

To Brew Beer or Ale. Put your Water into a Tub as soon as it begins to boil, and when the fiery heat is a little over, put to the Malt as much as will just wet it all, by stirring, and at half an hours end put as much of the same water; for the first Running you intend, let it stay an hour, then draw it off, letting a little dry Wormwood and Bay Leaves, soak in the Wort, they are better and wholsomer than Hops: put not any cold water in the Malt at all, and then you need not boil any Wort, and it will keep long.

long enough, if you put not Worts together hotter than blood warm.

When your Beer is near drawn out, and begins to decay, draw it into Bottles, put into it a little Sugar, Treacle, or a Spoonful of the Wine of any Herb.

To make an Ointment for the Rickets.

Take one large handful of Ground Ivy, one large handful of Smallage, two handfuls of Camomil; shred them small, and beat them all together very well in a Mortar, and put to them ten Ounces of fresh new Butter before it is washed or salted, and of such Cows as go to Grass; then boil them all together gently over a fire about 3 quarters of an hour, and keep it stirring all the time; then strain it hard through a pretty fine Cloth, and take a little in a Saucer, and warm it by the fire, and anoint the Child Morning and Evening, from the Brest down to the Belly, and bath it in very well with a warm Hand; then lay a clean Linen Cloth over the place that is anointed, and but one Cloth all the time the Ointment lasts, which may be near 3 weeks; in which time, take care the Child do not get Cold; and all the time let the Child drink as little Beer as may be, but let it drink the best Milk that may be the Stroakings of a red Cow that goes to Grass, and not such as eat Grains; the Child may be bled on the Grissels of the Ears, once or twice in the time. *S. W.*

For the Palsie. Take Lavender and boil it in Water, and strain it, and drink half a Pint first and last at Morning and Evening for a fortnight. *Probat. C. S.*

To continue Love. Get as much of the Parties Hair as will make a Ring or Bracelet, and wear on the Finger or Wrist, and it will by sweet exciting the Imagination, produce its effect. *Lady D's Manuscript.* For

For the Hickup. Drink a Glass of fair Water and it cures it immediately, *Proved.*

Take 2 parts of fine Sugar, and one part of black Pepper, both finely powdered and mixt, put them in a Silver Spoon over 3 or 4 well kindled Coals, and when the Sugar begins to melt, take off the Spoon, and while the Mixture is yet soft, shape it into little Grains, fit to put into a hollow Tooth, and it eases the pain.

In the beginning of the Scurvy, drink this Liquor at Dinner as your ordinary Drink for 7 or 8 weeks, to a quart of small Beer, put over night a handful of Scurvigrass Leaves.

If the Pain of the Teeth come from Rheum.

Take a little white Hellebor powdered, and put into a Linnen Rag, about the bigness of a Pea, or larger, tie it in the Rag round like a Knot, and hold it between your Teeth, with your head downward, that the Rheum may run freely out of your Mouth.

Take *Sanguis Draconis* and Mastich each a like, powder them, and mix them together, and use them to rub your Teeth, this is an innocent Dentrifice.

To take away Corns. Bath it with warm Water, then scrape it clear, and apply a Plaster of Shoemakers Wax, but if the part be very tender, put *Diapalma* and Shoemakers Wax equal parts melted together, and spread somewhat thin.

To prevent or Cure an Ague. Take the Root of *Angelica* ʒss. and of the Flowers of *℞*, mix them well, and let the Patient take them at usual times.

Take of the Breast-Milk of a Woman that has had her first Child some time before, and drop 3 or 4 drops of it warm as it comes from the Nipple into the part affected; this Cures present Deafness. *Proved.*

Take

Take the Juice of Houfleeck, and mix it up with about equal parts of the thick Barm or Yeast that sticks to the Barrel, or to the Clay that stops it; of these make a kind of Plaster, which being kept upon the Toe for a while, and if need be renewed, will make your Corns very soft and easie to be drawn out. *Proved.*

Lozenges for Coughs, &c. Rosewater, Sugar, and the Whites of Eggs well beaten together, then boil, skim and strain; boil it till the Water is wasted, and then put the Powder of Liquorish or other Powder, and boil it until it bubbles, then pour it out on a smooth Earthen oiled Plate, and make it into what shape you think fit.

Against Drunkenness. Take before you drink 12 Spoonfuls of Betony Water, and after drink as much as you will. *Tried.*

An opening Whey for June and July. Boil Whey and skim it; if you are Surfeited, boil in it Fumitory, Alecost, Succory, Wormwood and Agrimony, and drink of it often, putting it into a Pot with a Tap.

For Corns on the Feet. Tender them with warm Water, then pick them out with a Pen-knife, and apply Vinegar and new Lime.

Eyes Dim, and to preserve Sight. Wash your Eyes with your own Urine.

In the Morning wash your Mouth, Hands, Face and behind your Ears with Water, then drink a Draught of fair Water, and it will prevent Headach, Toothach, and clear your Sight. Also your own Water drunk in a Morning for some short time, is good against Scurvy, Dropsie, and most Distempers whatever.

A Comfortable Liquor for the Aged. Take a Gallon of running or Spring Water, put it into a Pot to 4 pound of Malaga Raisins, and cover it with Woollen Cloaths, at 8 or 9 days end, let

let the Liquor run into a Vessel with a Tap, and when it runs clear, put it into Bottles, putting a Lump of Loaf Sugar into each Bottle.

For the Cramp. Take Hogs-dung boiled in Sallet Oil.

To Strengthen the Memory, so that you may Remember all that you read or do all your Life after.

John Collet Bishop of Canterbury, had this Experiment imparted to him by a Christened Jew, whereby he remembred, and could repeat all that ever he Read in his Life; therefore it ought to be reputed of a great Value, and as a Gift of God, because that with so little trouble Men may attain such a great Matter.

First the Head is to be cleansed as followeth.

Take *Piretrum*, Marjoram, Galingale, Ginger, Caraways, Seed of broad Plantane prepared, white Mustard Seed, of each a like quantity: this being beaten gross together, and if this Poulder weigh about 2 Ounces, then seeth it in a quart of Water stopt close too, when it's well sodden, put a quart of strong Wine to it, and an Ounce of clear Honey; let it seeth again, till about 2 Fingers breadth of the Liquor be wasted: herewith are you once every Morning (in the Increasing of the Moon) to Gargarise well, and many times, holding it long and warm in the Mouth, that it may fume up into the Head.

Afterwards make this Porion following.

Take Ginger, Long Pepper, of each one Drachm, Galingale one Scruple, Cloves, Cubebs, of each one Drachm and an half; pound them all together to Poulder, and bind them in a Linnen Cloth, let them seeth well together in two quarts of Wine stopt fast as aforesaid: Afterwards let it stand covered, until it be clear, whereof you are to driak every Morning fasting, and at Evening going to Bed a good Draught,

and that before you shall have anointed with the Salve, shall hereafter be described. This Wines Virtue is to draw a superfluous Moisture out of the Head. This done, place your self in the Summer time in the Sun, and in Winter by the Fire, and Kemb your Hair softly a long time, which will open the Pores, afterward wash your Head with the Water of Rue, and drink a good Draught of Wine, and eat a bit or two of Bread that hath been steeped in the Wine, then Fast so untill Evening; your Supper must be sober, your Sleep quiet, continue this many days together, the longer the better.

Now when the Veins be warm with kumbing, then anoint the Head and the Temples with this Salve following. Take white Lillies, Colewort Leaves, wild Bawm, of each one Drachm, Pound them together, and put them in a Pot, pour therein 2-Ounces of Sallet Oil, fresh Butter, as much as all the rest, three Spoonfuls of the Spirit of Wine (which hath been rectified at least 4 times) Water of Rue, of Sage, of Celandine, of each 2 Spoonfuls, old white Wine 3 Spoonfuls; temper them well together, set it 6 or 8 hours in a warm place, then strain it through a Cloth, afterwards seeth the Liquor, until it be as thick as Honey, and that by a small mild fire, then set it in the Sun till it be of the Colour of Copper; this Salve must always be made betimes, and it will continue good the space of 2 Years; also it behoveth to gather all the Herbs for Distillation, when the days be at the longest, and then may also most neatly this Salve be prepared. This Salve must you as 'tis rehearsed, use often, that the Head is purged; you must anoint well the hinder parts of the Head, and the Temples with it, afterwards cover it with a Leather Cap or Hat, so that the Head may be warm, that

that the said Salve may the better have the Operation in the Blood and Brain; in the Evening is the Head to be washed with good warm Wine, and one must keep a good Diet, and use Meat light of Digestion, and moderate drinking; this Order is to be kept at first the space 4 Days, and so to continue the space of a whole Year every 8 weeks once, 2 or 3 days together, the next year after you may choose one day, on which it is good to take Physick, and then use this Salve every 3 Months once, when the Moon Increaseth; the third year it is sufficient once in 12 Months, and afterward as long as you live once in two Years. *Gen Pract. Physick*, p. 120.

A Household or Family Pill.

Take fine Aloes one pound, *Colocynthis* 12 Ounces without Seeds, *Gutta Gamba* 12 Ounces, Scammony 8 Ounces, *Turpethum Minerale*, *Mercurius Dulcis*, of each 6 ounces, Spanish Juice, of Liquorish 4 Ounces, *Crema Tartar* 4 Ounces; first dissolve the Aloes in warm water what is sufficient, with the Spanish Juice dissolved in it; then add the Scammony in Powder, and *Gutta Gamba*, when all is incorporated, then add the other Pouders, and make to a fit Consistency for Pills, one Drachm make into a dozen Pills. The way of using these Pills, they may be swallowed alone, or in Pap of an Apple, or Hovey, or stew'd Prunes, taken early in the Morning, or last at Night, without any other Observation but beware of Cold. From 2 years old to 4, give one Pill; from 4 to 10, 2 or 3 Pills, from 10 to 16, 3 or four; from 16 to 60, give 5 or 6. You may begin with a little Dose at first, and so increase as you find your Body in strength. Its Virtues. These Pills are peculiar for the Dropsie and Gout, they Cure the Scurvy, that reigning Disease; they kill Worms of all sorts in old or young, and utterly root out the

Rings Evil; they cure Vapours, Wind, Fits of the Mother, Stuffings, Cleying, Gnawings and Illness at Stomach, Jaundice, Melancholy, Lingring Diseases, Catarrhs, Vomiting, Surfeits, deep Consumptions; where there are wheezing Coughs, Hoarseness, faint Sweats and loss of Complexion: they cure in Maidens, Greensickness, Cachexia, Megrim, Headach, Lethargy, Vertigo or Giddiness; Stoppage of Womens Courses, Rickets, Fluxes, dim Sight, pains of the Ears, Deafness, stinking Breath, Rheums, Sciatica, and carry off all salt and sharp Humors; they cure the Foul Disease, Gonorrhoea with its Symptoms, if duly taken for some time; they clear the Sight, quicken the Memory, and add a good Colour to the Face; they are of a friendly quality, and work with Ease and Safety, without griping or making sick. Take them early in the Morning alone, or in the Pap of an Apple, a little Syrup or stew'd Prune, and drink a little Ale, Posset-drink, Water Gruel or Broth in their working, take heed of Cold that day; you may use them 2, 3, 4, 5, 7 or 9 times or more, as the nature of the Disease requires, The Dose. A Child from 2 years old to 4, may take 1 Pill, from 4 to 12, 2 or 3 Pills; from 12 to 18, 3 or 4; and from 18 to 80, you may give 3, 4, 5, 6 or 7, beginning with a small Dose, and so increase or diminish as your Body is in Strength. They are good for Seamen or Soldiers by their being good against all Sea Sickneses, sickly Seasons, Gouts, Dropsies, Agues, Scurvy, Fluxes, Calentures, and other Diseases attending Seamen, Camps or Armies; they will keep good many years.

Reck to make. Take a Pint of Canary, a Pint of Brandy, and a quart of water, add half an Ounce of beaten Ginger, and a like quantity of of Cinamon, the Juice of 4 Limons, and Rose-water 2 Ounces, with half a pound of white Sugar

Sugar, put a Toft hot into it; and stir it well.

Chocolate. Take 2 Ounces of Chocolate, eight Eggs, half a pound of Sugar, a pint of white Wine, an Ounce of Mace or Cinamon, and a Gallon of Milk, boil together over a gentle fire.

A Precious Ointment worth Gold for all manner of Aches, Bruises, and also for the Gout.

Take Violet Leaves, Primrose Leaves and Flowers, Cowslip Leaves and Flowers, Elder Leaves and Flowers, white Lilly Flowers, St. Johns Wort, Ragwort, Sage, Mugwort, Neppe, Smal-lage, Lavender, Marjoram, Southernwood, Rose-mary, Rose Leaves blown, Rue, Lavender Cotton, Featherfew, Tansie, Lovage, Mint, Camo-mil, Thyme, Clary, Oak of Jerusalem, Penny-royal, Saffron, of the Willow, Hyssop, Bawm, white Mints, Marigolds, Peony Leaves, Bay Leaves, Dill. Take of each of these Herbs and beat in a Mortar, and put them in a Pan with a Pottle of sweet Sallet Oil, and a quart of white VVine, then set it over the fire, and let it boil softly, until the VVine be consumed, stirring it all the while; then take it from the fire, and let it cool, then strain it through a Linnen Cloth, and keep it in a Glass; and when you anoint here-with, you must Chase it in by the fire, and apply next to the place; the Bladder of a Hog, that the Cloth drink not up the Oil. Dr. Trig.

A Water for sore Eyes. Take six Drachms of Tutty made into fine Pouder, as much Aloes in Pouder, as much fine Sugar, a pint and half of white VVine, as much whithe Rose water; put all these into a Pottle Glass, stop it very close, and Sun it a Month, shaking it well twice or thrice a day, and keep it for use.

An approved Secret for the Phthisick.

Take a pint of Honey, and put it to an Ounce

of powder of Liquorish, a quarter of a pound of Currans bruised, the Flower of Elecampane, stir all these together over the fire into the Honey, and so keep it for use, taking the quantity of a Nut at a time.

For Bleeding at the Nose. Scrape the sweaty place of a Mans Hat, and stuff it up your Nose,

Take a Hempen Halter and hold about your Neck, stops bleeding at the Nose.

Take Figs good store, and new Mustard made with Vinegar, stamp them well together, and put them into a Linnen Bag, and lay it on as hot as you can suffer it, and hold it to the Navel and Belly, and it Cures the Cholick.

To Cure Burstenness in Children.

Take Polipody of the Wall, Juniper Berries, Comfrey Roots, the skins of the Yolk of an Egg; dry all these, and beat them together, then put them into a pint of good Ale, and give it every day warm.

For a Vomit. Take Roch Allum one Ounce pul. and put it into half a pint of small Beer, let it stand all Night, and in the Morning strain it, and let the Patient drink it off; this fetcheth Flegm off the Stomach.

Another Vomit. Take 5 Grains of *Stibium* in Powder, in 4 or 5 Spoonfuls of white Wine, and let it stand all Night, and in the Morning take the Wine clean from the *Stibium*, and drink it fasting, and when it hath once wrought, take Posset Drink between every Vomit.

For a Swelling in the Knees. Take Rue and Burrage, stamp them together with Honey, and so apply it to the Knees.

A green Salve to heal any Sores.

Take Bears Grease white washed and well drain'd, half a pound of the Leaves and Flow-

ers of *St. Johns Wort*, of *Knot-grass*, of each a handful, of *Ashen Leaves* 2 handfuls; beat them first very small, and then mingling them with the *Grease*, heat them again, and boil them, stirring them a good space, then put in 2 Ounces of *yellow Wax*, and a spoonful of *Turpentine*, and so let them boil a little.

For Kibes, Chilblains, chapt Hands, Lips and Womens Breasts.

Take *Beef and Mutton Suet*, of each nine Ounces, *yellow Wax*, *Stone Pitch*, *Tar*, *Oil Olive* and *Linseed Oil*, of each 6 Ounces, *Red Lead* 4 Ounces, *Frankincense* 2 Ounces, make an Ointment. *Dr. S--n.*

A Sprain. Take the white of an Egg beaten to Oil, mix with it Oil of *Roses*, and spread on *Flax*, so apply it. *Dr. S.*

Piles. Take *Elder Buds*, boil them in unwasht *Butter* to an Ointment, and anoint therewith. *Dr. O--n.*

Bloody Flux. Take *Red Beans* and boil them in *Red Wine*, till it be thick, eat of this Morning and Evening, and in short time it will help be it never so violent. *N. C.*

Sores old of any kind. Take *May Butter*, *Sallet Oil*, *Lapis Calaminaris*, and *Bees Wax*, a like weight of each, and boil them together, and you will have an excellent Salve.

Piles. Take *Marrow* and *Oil* and make an Ointment and anoint them with it.

Itch. Take *Honeysuckle Leaves* and *Sage*, and seeth them together in *Spring Water*, and wash thetewith. *C. A.*

Palsie. Take *Oil Olive*, the *Grease* of a *Hedge-Hog*, the *Marrow* of a *Horse*, and *May Butter* with *Aqua Vite*; put these all together in a *Glass*, and stop it up, then set it in *Horse dung* 9 days, and anoint with it. *C. A.*

Dropsie. Drink your own Water Morning and Evening 9 days, take 9 or 10 Cloves of Garlick, and let them steep in Brandy, and drink some now and then.

Looseness. Of Scuttlebone take an Ounce, and boil it in a pint of Milk, and drink it, this is a present Remedy.

Stone. Take 5 living Hive Bees, bruise them in a Spoonful of Beer, then drink it, and it gives present Ease.

Dead Palsie. Take *Aqua Vita*, and boil in it some quantity of Red Sage, and when it is hot and smoking, let the Place afflicted, some Sticks being put over the Liquor, lie over it, as over a Bath, and Cover it, that all the vapour of the Bath may be kept in the better: It's a kind Medicine.

Spleen. Take the Water of the Flower of Beans. *Probatum est.*

Burning or Scald. Take the Oil of Eggs. *Probatum est.*

Gonorrhœa. Take 5 drops of Turpentine in 4 Ounces of Milk.

Piles. Take a new Tile, and make it red hot, then cast the small Ponder of Frankincense, and sit over the smoak as close as you can, and the Smell will kill them; do this 2 or 3 times till Eased. *Probat.*

Bleeding at Nose. Take a piece of Packthread, and tie it as hard as you can above the middle Joint of the little Finger of both Hand.

Cinamon Water. Take a quart of white Wine, a quart of Rose Water, and a pint of Muscadell; bruise half a pound of Cinamon, and put into it, let it stand 12 hours, and stir it often, and from an Alembick, there will be 3 pints; this strengthens Nature, and makes lively and vigorous.

Mint Water Cordial. Take 2 handfuls of green Mint, of *Carduus* 2 handfuls, of Wormwood one, soak them in new Milk, being bruised, and after 4 hours Infusion, draw off the Water in a Still, and keep it well stoppt for use. It's good for pains in the Stomach and Belly.

Fever that lies in the Head. Take Burgundy Pitch, and *Emplastrum Cephalicum*, of each a like quantity; spread on Sheeps Leather, and apply it to the Feet. Dr. L.

The whole Duty of a Servant Maid.

The first and greatest Concern is the securing of the Soul, and it will be of great Advantage to us to redeem our time, which being parcelled into days, a daily Vigilancy ought to be observed, for which purpose observe.

(1.) As soon as thou awakest in the Morning, bless God for the Mercies of the Night past, that thou hast enjoy'd quiet Rest, and that no Evil befall thee. 2. If thou hast time, read some part of the Scripture, or some other good Book. 3. VVait upon God in Prayer, and beg a Blessing upon thy Labour, and desire of God to keep thee from Satrns Temptations, and from Sloth and Idleness all the day, both in thy Calling and out of it. 4. Be watchful over thy Thoughts, VVords and Actions, and remember thou must give an Account for every idle word. 5. Consider that what thou dost tend to the Glory of God, which must be thy ultimate End. 1. Cor. 10. 31. whether you eat or drink, do all to the Glory of God. Next, Observe that thou keep good Company, by which thou mayst get so much good, as may stand thee in stead to the last hour; whereas evil Company will bring thee to Disgrace here among all sober Men, and to Eternal Misery hereafter. Next, Be sure thou dost

dost not deny thy Saviour Jesus Christ: But fear him that can kill and cast into Hell Fire: Mind the Reproofs of the Holy Spirit before, and turn from those *Evils that it shews thee* is to be avoided, whether Pride, Lying, Swearing, Drunkenness, VVhoredom, Cheating, Dissembling, idle Discourse, or any other Evil.

Now I come to direct thee to behave thy self to thy Neighbours. (1.) Love them as Brethren, be pitiful and courteous, do good to them, and to all as far as is in your power; but more especiall to the Faithful and Upright Hearted, to such shew *more than ordinary Kindness*, and this thou must do, not for any by End, but for Christs sake: *A new Commandment I give unto you, that you love one another, as I have loved you.*

I shall now come to give a few Directions how to behave your self in your Calling or Business.

(1.) Be diligent and not slothful in Business, *Rom. 12. 11. Paul laboured with his Hands*, nay, *some think Christ himself worked at his Fathers Trade, Luke 2. 2.* But though thou labourest for thy self and Family, yet thou must not trust in uncertain Riches, but in the Living God. 3. See that in thy Dealing thou defraud not, nor over-reach thy Neighbour, and remember a clear Conscience is better than a full Purse; for *what will it profit a Man to gain the whole World, and lose his own Soul.* 4. VVhat you do, do all to the Glory of God. 5. Be diligent and circumspect, let God be both at the beginning and end of thy work. And lastly, Labour to be contented with what Incoms God gives thee by thy Calling. If thou gettest Riches, remember thou art Accountable for them, and must live as tho' thou hadst but little. I might enlarge further on hearing Sermons, Sacraments, observation of the Lords Day, &c. But I must be brief, therefore I advise

wise thee listen to (that Holy Spirit of Jesus) that reproves thee oft in secret, and also openly : As for Lying, Swearing, Cheating, Drunkenness, Pride, Anger, idle Discourse, vain Thoughts, &c. and turn from those Evils, and thereby thou wilt find it will make thee wiser than all worldly Teachers.

The Duty of a Servant as to themselves, and their Masters and Mistresses, &c.

1. Be modest, neat and cleanly in your Cloths, and frugal in your Expences, and lay up something if you can get it honestly against a rainy Day ; be careful of those things you are intrusted withal, reveal no Secrets ; waste not nor spoil your Masters nor Mistresses Goods, nor sit up junketting when they are in Bed ; and this is the way to gain Love and Riches.

A waiting Gentlewoman ought to Read, Write, Cast Accompts, Dress neatly ; and if she can Preserve, Distil, and do other things it's the better ; and this Book may be of great Use to her ; also sweet and humble Behaviour to Master and Servants, and Industry, will win the Love of all Families.

A House-keeper, if she can indifferently well dress Victuals, Preserve, Distil, it may suffice ; she must also look after the rest of the Servants, and see they perform their Duties, and that nothing be spoiled nor imbezled ; that Strangers are civilly used, and for Physick and Surgery if she is acquainted with it, she'll be helpful to the poor Neighbours ; this Book may be of use to her also.

A Chambermaid ought to wash Linnen well, Dress well, and to starch Lawns, Points, Laces, Tiffanies, and to mend them neatly ; wash Sarfets, &c. then to make a Bed well, lay up her Mistresses night Dress, keep the Chamber neat and clean, and see that her lawful Commands be obeyed in all things

things, and behave yourself modestly, lovingly and kindly to all, if you will keep your place and expect a good Husband. Needle-work and Plain-work, and to wash black and white Sarsnets, and to make all sorts of Spoon Meats, Raise Paste and Dress well; to understand Cookery and Pickles, wait at the Table, buy Butchers Meat. Fish, &c. is required of a Country Chambermaid; and that all things are kept decent and in order in the Dining Room and Parlour; see that other Servants waste nothing, all Modesty, Love, Humility and quick, dispatch in Business must be sure to be observed.

A Nursery Maid must love young Children, be neat and cleanly about them, and keep them to good hours, both for rising and going to Bed; also to victual them at convenient times, you must walk them often, especially if they cannot go of themselves; take care they catch no Falls, if they do, acquaint your Master or Mistress with it, for many have been ruined for want of acquainting their Friends timely of it: Be cheerful and pleasant with them, but learn them no rude or bawdy Discourse, as many do, and continue pretty innocent Sports, sometimes for to still or divert them.

The Cook Maid ought to understand Dressing Fish, Flesh and Fowl, Sauces proper for each, and also Pastry; keep her Kitchen clean, scour the Larder and Cup-board, salt Meat well, and keep good hours for Dinner. Be not fiery in your Behaviour as many are, but loving, courteous, affable and meek, and then expect in due time a good Husband.

The Under Cook must observe in doing the Drudgery, and in time she may arise to a higher Station, for every one must have a beginning.

A Dairy Maid must keep her Vessels clean and well scalded. Go to Milk at 5 in the Morning in the Summer, and about 6 in the Evening; in Winter about 7 in the Morning, and 4 in the Afternoon; preserve your Cream, make your Cheese good and tender, give the Hogs the Whey, make your Cheese and Butter for Winter in May, look after Fowl, if any is committed to your Care: Keep your Stroakings to put into your morning Milk Cheese.

Landry Maids Business is to take Care of all the Linnen, and to wash and mend them; keep your washing Room clean, be frugal in spending Soap, Candle and Fire, if you put good quantity of Chalk into your Water, and let it stand 3 or 4 days, it will save much Soap, keep your Tubs or Coppers clean, and rise betimes on washing days.

A House Maids Business is to keep the House clean, brush Chairs, Hangings, &c. rub, wash Stools, and keep all things in order, take care of Strangers: Empty the Pots and Close-stools, and keep them clean, to help the Landry Maid on days of washing, and keep your self neat and clean.

A Scullion Maids Business is to keep clean the Pantry, Kitchen and Wash-house, and also to scour and wash Dishes and Plates, Dressers, Pots, Pans, Kettles, Brass, Iron, Tin, Pewtery, and the rest of the Utensils in the Kitchen; wash your own Cloths, and keep your self after work done Neat and Tite; be good natur'd, kind and humble, and the Blessing of God will be with you; and this will make you and all other Servants happy to all Eternity.

Cookery.

To Roast a Shoulder of Mutton with Oysters.

Save your Oyster Liquor, and put to the Oysters and Liquor, Pepper and a little Cloves and Mace and Herbs fine chopped, and the Yolks of three Eggs beat well and some Cuttrons par-

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boild a little; then stuff your Shoulder thick with Oysters, then Season it and roast it; then take the rest of your Oysters, and boil them with a litte white Wine and some Butter for Sauce; when the Oysters are open'd, you may parboil them in their own Liquor, and then take them out and Season them.

To make a Pudding to Bake.

1. Slice a Penny Loaf into a quart of Cream, with a little Rose Water, then break it small; take 3 Ounces of Almonds blanched and beaten small with a little Sugar, put in 7 Eggs beaten, some Marrow and 2 Pippins sliced thin, mingle these together,

To make a White Pot.

1. Take a pound and half of Cream, a quarter of a pound of Sugar, a little Rose Water, some Dates sliced, a few Raisins of the Sun, 6 Eggs, a little large Mace, a sliced Pippin or Limon dipped in Sack.

To Boil a Calves Head with Oysters.

1. Boil it with Water and Salt, and a little Verjuice or white Wine, and when near enough, cut some Oysters and mingle them together, and a Blade of Mace, a little Pepper, Salt and Oyster Liquor; then put it together, and put it to the Calves Head, and the large Oysters on it, and slice a Limon and Barberies, so serve it up.

To Stew Sausidges. Boil them in Water and Salt a little, boil some Currans alone for Sauce, when they are almost tender, pour out the Water, and put in a little white Wine, Butter and Sugar.

To boil a Leg of Mutton. Stuff it with Beef Suet and sweet Herbs chopt small, then boil it, and put in a handful of sweet Herbs, cut them small, mingle a hard Egg among the Herbs, and strew it upon the Mutton, melt a little Butter and Vinegar, and pour it into the Dish, and serve it up.

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To boil Ducks. When half boil'd, take 2 Pints of the Liquor and strain it, and put 2 pints of Wine, and some whole Mace and Cloves and Nutmegs sliced, and Cinamon, and a few Onions shred, a Bundle of sweet Herbs, some Capers and Samphir; when boil'd, put some Sugar to sweeten it.

To Stew a Rabbit. Half roast it, then cut it in little pieces, and put it into a Dish with the Gravy, and as much Liquor as will cover it; then put in a piece of Butter and some powder'd Ginger, Pepper and Salt, 2 Pippins minced small, stew it an hour, and with Sippets dish it up.

To Stew a Capon or Pullet. Half roast it, then cut it into pieces, and put it into a Dish with the Gravy, put in a little Mace and Cloves, a few Barberries; put these with a pint of Claret to the Fowl, a little Butter, Stew it about an hour, and serve it up with Sippets.

To Stew cold Chickens. Cut them to pieces, and put them into a Pipkin of strong Broth, and some Butter, then grate some Bread and a Nutmeg, and thicken your Broth, then with gross Pepper and Salt season it, and dish it up with Sippets.

To Stew Beef. Take it and slice it thin, beat it with the back of the Knife, put to it the Gravy of some Meat and some Wine, and strong Broth, a quantity of sweet Herbs; let it stew till tender, season it to your liking, and Garnish the Dish with Barberries.

To make a Hotch Potch. Take a piece of Brisket Beef, a piece of Mutton, a knuckle of Veal, good store of Pot-herb half minced, Carrets, Onions and Cabbage, a little broken; boil all these together till they be very thick.

A Help to Discourse.

Heber the Father of *Abraham* kept his Primitive Language, which was from him called *Hebrew*, and Religion pure; when all the rest of the World fell into Idolatry, and was Confounded at the building of the Tower of *Babel*.

It is believed there is Eight Million of People in *England*, and that the Charge of maintaining the Poor is Eight Hundred Thousand Pounds a Year; and that if those that can work were properly Employed, they would be able to gain double their keeping, and that these Eight Millions of People spend about 5 *l.* each, which makes about forty eight Millions yearly, and it is computed and guessed to arise thus, Twelve Millions from Lands and House Rents, and from Trades of all sorts, Arts, Labour, Manufactures, Buying, Selling and Retailing our Home and Foreign Commodities, Thirty Six Millions more.

The Annual Revenue of all Lands and House Rents about *London* and *Middlesex*, is supposed to amount to One Million and a half, and the rest of *England* being about nine parts more, Ten Millions and a half.

It's also believed, that the Quantity of Gold and Silver Coin in *England*, is above Ten Millions, and with good reason we may suppose above 20 Millions more upon Usury or Mortgage, that pays little or no Taxes.

Question. *What Proportion of People are there in England, Ireland, Holland and France, to the same quantity of Territories in each?*

Answer. *England* hath above 5 Souls to one in the same quantity of Ground, compared with *Ireland*. *Holland* hath above 5 to one compared with *England* and *France*. *Holland* hath the Proportion of 9 Ships to five that *England* hath; *France* may have about two, *Hamburg* and the *Hans Towns* with *Sweden* and *Denmark* two; *Italy* and *Portugal* two; whereby a Computation may be made of the proportion of their several Shares in Foreign Trade.

Q. *How comes it to pass Holland is so much fuller of People than France or England?*

A. *Hollanders* Imbrace the People of all Nations and Religions, making no difference therein, and the principal Policy of the *Hollanders* is, to promote Frugality, Arts, Trade, Manufacture and Industry, and to cause every Person to gain above what they spend. They carefully provide for the Impotent, both young and old, and that has Encouraged Persons from all Parts to settle among them. They have a considerable Revenue from every Person by their Multiplicity of Excises, which they Employ for the Maintainance of their Government; they have but few Materials for Manufacture of their own Growth, yet they have more Trade and Manufactures than any Nation in Europe, and have made their Country the greatest Emporium of the World, abounding with the Riches of Europe, and of both the Indies.

Q. *Which are the Principal Rivers in England?*

A. The *Thames*, the *Severn*, the *Trent*, so called for having 30 sort of Fishes in it; the *Medway*, the *Tweed*, and the *Tine*.

It's the Opinion of Astronomers, that the Sea is higher than the Earth.

The City of *Venice* is Founded in the Water, compassed with the Water, and hath no other Walls but the Sea. This City was never Conquered, it hath 4000 Bridges in it for Convenience of Passage, and about 12000 Boats, they have 200 Gallies in their Store-house, Armour sufficient for 100000 Soldiers, among which are 1000 Coats of Plate garnished with Gold, and covered with Velvet; they are said to have 2000 stately Houses stored with Masts, Sails and other Tackling, and are at present the chiefest Bulwark of *Christendom* against the *Turks*.

The First that taught the *English* to make Cloth were the *Flemmings* in *Q. Elizabeths* time, to whom we are indebted for the Art of Clock-making; and for that of *Arras* Hangings, *Dornix*, the making of Worsted, Sayes and Tapestry, they also restored Musick, and found out divers Musical Instruments, and the Laying on of Colours with Oil, and the working of Pictures in Glass.

The Refining of Sugar was found out by a *Venetian* about 200 years ago.

Archimedes is said to be the first Inventer of the Sphere.

Looking-Glasses made of Silver were first Invented by one *Praxiteles* in *Pompeys* Reign, and those of Lead, Steel and Crystal by one *Sydon*.

Of Commodities proper to several Countries

Hence came our Sugars, from *Canary Isles*.

From *Candy*, Currans, Muscadell and Oil.

From the *Moluccas*, Spices, *Balsamum*.

From *Egypt*, Odours from *Arabia* come.

From *India* Gums, rich Drugs and Ivory.

From *Syria* Mummy, black, red Ebony.

From *Burning China*. From *Pern* Pearl and Gold.

From *Russia* Furs to keep the Rich from Cold.

From *Florence* Silk. From *Spain* Fruit, Saffron, Sack.

From *Denmark* Amber, Cordage, Furs and Flax.

From *France* and *Florence*, Linnen, Wood and Wine.

From *Holland* Hops. Horses from the *Rhine*,

From *England* Wooll, all Lands as Gods distributes

To the Worlds Treasure, pay their sundry Tributes.

It's said, that those Wise Men that came out of the *East* to Worship our Saviour were three Kings. First in respect that *Arabia* is *East* to *Jerusalem*, and secondly, It's said in the 72 *Psalms*, the Kings of *Arabia* shall bring Gifts; the first 'tis said was called *Melchior*, and old Man with a long

long Beard, who offer'd as Gold unto a King : The second was called *Caspar*, a Beardless young Man, who offer'd Frankincense as unto God ; and the third *Balthazar* a Blackamoor, who offered Myrrh, as unto a Man ready for his Sepulchre.

Q. Into how many parts is the World divided ?

A. Into four, Asia, Africa, America, Europe ; Jewish, Mahometan, Pagan, Christian.

Sir Francis Drake in Anno 1585. first brought Tobacco into England.

Joseph of Arimathea is said to be the first that planted the Christian Religion in England.

Edward the First Erected Charing Cross.

There are 14 natural Languages spoken in Europe, Irish, British or Welsh, Cantabrayan or Biscany ; Arabick, Finick in Finland or Lapland, Dutch ; tho' different in Germany, Holland, Denmark and Swedeland ; Sclavonish, Illyrian, Greek, Hungarian, Epirotick, Jakigian and Tartarian. Besides these, there is another called *Cansing*, spoken by a Company of Villains.

Q. Why is Man called Microcosmus or Little World ?

A. As being the Epitome of the great Volume of Nature, borrowing from the Angels his Soul, from the Brutes Animal Sense ; from Plants Life, from other Creatures Bigness, but above all Inferiour, is Endowed with that Privilege of casting up his Eyes to Heaven, to behold the Excellency of the Creation ; wherein other Creatures are different.

There are as many Veins in the Body of Man, 'tis said, as days in the year, which is 365.

And there are 284 Bones in a Man. In the Head 49, in the Breast 57, in the Arms and Hands 61, in the Feet 60, in all 284.

Of the River Nilus.

The Head or Fountain of it is uncertain, but it is certain, that it runneth in one Channel till it washeth the Midland of Egypt. Having in certain places great Falls of Waters, that makes such a hideous Noise, as deafens the By-dwellers, and causeth the Hills to shake.

Before it flows into the Sea, it divides it self into 7 Channels. This River *Nilus* from the 15th day of June, swelleth above his Banks for 40 days, and in 40 days more, gathers his Water in again to their proper Bounds: If it flow not 15 Cubits high, the Earth is deficient in its Increase for want of Moisture; and if the Waters arise above 17, it is like a drunken Man surcharged with too much Liquor, but if a *Medium* be granted, it abounds with Plenty.

This Land of England was first Invaded by the Britains or Welsh; the second the Romans; the third, the Saxons; the fourth, the Danes; and the fifth Conquest by Will. D. of Normandy, 1066.

The two Thieves Names that Suffered with our Saviour, are said to be *Desmas* and *Jesmas*.

Of a Sabbatical Year.

Josephus in his History, makes mention of a certain River, that Ebbs and Flows 6 days of the Week, and always Rests on the Sabbath-day without moving.

It's reported by Authors of Credit, That the Jews keep a Vial of Christians Blood by them, with which they Anoint themselves when sick and near Death; saying, That if that Jesus were the Messiah, that the Christians Worship, they Explore the same Benefit by his Blood, as that Christian whence the Blood was taken from, or belonging to.

Natural Causes of Earthquakes.

Pleaty of Winds got into the Bowels, Holes and Crannies of the Earth, and violently rushing out, and the Earth suddenly closing up again, causeth the Shaking or Earthquake, which is generally the forerunner of War, of Thunder and Lightning.

A Duke was made first by the French King, it comes from *Dux*, a little alter'd; it signifies a Leader or Principal Governor; it is reckoned next in order to a King.

Earls at the same time the French Chased the Romans out of *Gallia*, were created by the French, and upon the same account; only the Dukes seem'd to have the Military Power, and the Earls only made to Exercise the Civil Jurisdiction in Towns where they were placed; they are now next in order to a Marquess.

A Marquess was formerly Governour of a Frontier Town, and inferiour to the Earl of a Province, but superior to the Earl of an Island Town.

A Viscount formerly was Lieutenant to an Earl, so that their Dignity hath continued next that of an Earl ever since. In making Addresses to them there is no difference.

A Knight is the next Degree, being more properly a Military Dignity, but much confus'd of late.

An Esquire is the next Degree to a Knight, he formerly bore the Shield and Launce of a Knight before him. It is also now used by Gentlemen, and Citizens or rich Men; he that styles not himself Esquire, is hardly a Gentleman.

A Description of St. Peters Person by Nicephorus.

His Body was somewhat slender, of middle Size, but rather inclining to Tallness, his Complexion very pale, and almost white, his Hair curled

he is terrible; in Admonishing, courteous, and fair spoken; pleasant in Speech, mixed with Gravity. It cannot be remembered that any have seen him Laugh, but many have seen him weep. In proportion of Body, well shaped, and strait; his Hands and Arms, right delectable to behold; in Speaking, very temperate, Modest and Wise. A Man, for his singular Beauty, surpassing the Children of Men.

A Bill of Fare of 70 Noble Dishes, many of which will not cost a Man to live upon above 2d. a day.

1. Take some Oat-meal and Water, and make it into Gruel over a clear fire, this all People know how to make, so needs no Directions.

2. Also you may take good Wheat Flower and Water, and make it into Papp, and put Bread into it, then season it with Salt. 3. Also Bread and a Glass of Water, with any of these three things a Man may live very well. *Probatum est.*

4. Bread and Butter, and a Glass of fair Water or a Pint of Ale, makes an excellent Meal.

5. Bread and Cheese does the same, and a Pint of Water or Ale: and Sallets eaten with either, only washed, without Oil, Salt or Vinegar, makes an excellent Food. This Food sweetens the Blood, keeps the Body open, and prevents the Generation of four Humors.

6. Water Gruel seasoned with Salt only, and eaten with Bread and Butter, by biting and supping, is an excellent Food, breeds good Blood, and causes it to Circulate freely.

7. Milk and Bread raw is an Excellent Food, and better than boil'd; it sweetens the Blood, prevents four Humors, carries Wind downwards without any trouble to Nature, preserves Health, and a good Complexion.

8. Egg

8. Eggs boil'd in the Shell, and eaten with Bread, or with Bread and Butter, is an excellent Food.

9. Eggs raw, eaten with Bread, is an excellent Food; and cleanseth the Passages, preserves the Lungs, and warms the Stomach, and frees it from Obstructions.

10. Sorrel, Parsley and Eggs, mixed well together, and fryed with Butter and a little Salt; when done, put some melted Butter and Vinegar upon them, and this makes excellent Food.

11. Take Eggs and beat them well together, and fry with Butter; when done, melt some Butter and Vinegar and put upon them; this is excellent Food.

12. Take some Parsley and boil it, and cut it small, eat that with poached Eggs, either mixed with it, or bite and sup; add some melted Butter and Vinegar and put upon them; and this makes a noble Dish.

13. Eggs broken and butter'd over the fire, eat with Bread, is excellent Food.

14. Eggs roasted and eaten with Bread, Butter and Salt, is the best way of preparing them.

15. Eggs and boil'd Spinage butter'd, eat with Bread.

16. Flower and Water made into a Pap, and thickened with an Egg, eat with Bread or without, makes a noble Dish.

17. Water and Oatmeal made into Gruel and seasoned with Salt, and an Egg beaten and put into it; eat Bread, or Bread and Butter with it. This creates good Blood, frees the Passages of Windiness and griping pains.

18. Water, Milk and Flower made into Hasty Pudding, is an excellent Food; it makes the Body fat, allays Heat and Droughth, causes a good Complexion, prevents Wind, and is the best of Food.

19. A pint of Ale just boil'd, and an Egg beat and put into it, when well stirr'd, take it off the fire, and eat it with Bread, affords a good Meal. If you sweeten it with Sugar, some may like it better.

20. Rice boil'd in Water and butter'd, affords good Nutriment,

21. Rice put into a Bag close tyed, and well boil'd, makes an excellent Pudding; some put Currans to it, and melted Butter and Sugar.

22. Rice-milk affords excellent Nourishment, some put Sugar in it.

23. An Egg put into a pint of Milk and boil'd, then eat it with Bread, and 'tis excellent Food. It prevents windy Humors, makes a good Complexion.

24. Cheesecakes is a good Food.

25. Custards, *Idem*.

26. Whitepot, *Idem*. They are much of the same nature.

27. Spinage boil'd, butter'd, and eat with Bread, is good Food, opens Obstructions, and makes good Blood.

28. Coleworts and Spinage boil'd together, and a little Butter melted and put upon it, makes an excellent Food, eaten with Bread, Butter and Salt.

29. Bawm, Mint and Spinage boil'd together, then seasoned with Salt and melted Butter put on it, eat with Bread, is excellent Food.

30. Endive, Parsley and Spinage boil'd together, melted Butter and Salt put to it, and eat with Bread, cleanseth the Blood, and keeps the Body open.

31. Coleworts, Cabbage and Colliflowers boil'd, eaten with Butter, Vinegar, Salt and Bread, this loosens the Belly, and purges by Urine.

32. Asparagus with Butter and Salt, eaten with Bread, purges by Urine, and affords good Nutriment.

33. Ar-

33. Artichoaks, *Jerusalem* or others, boil'd and eaten with Butter and Bread and Salt.

34. Green Pease boil'd in the Shells, eat with Butter, Salt and Bread.

35. Green Pease boil'd out of the Shells, eat with Butter, Salt, Pepper and Bread.

36. Green Pease boil'd with Milk, and eat with Bread, makes a good Meal.

37. Dry Pease boil'd and seasoned with Butter and Salt, is Food fit for a labouring Man.

38. Green Beans boil'd, and eat with Salt, Butter and Pepper is excellent Food.

39. French Beans eat with melted Butter on them, Salt and Bread, is good Food.

40. Turneps boil'd, eat with melted Butter, Salt, Pepper and Bread is good Food; they are cleansing, and easie of Concoction.

41. Parsnips boil'd, and seasoned with Salt, Butter, Vinegar and Mustard, make an excellent Food, eat with Bread or without.

42. Carrots boil'd, with melted Butter, Pepper and Salt, and eat with Bread, is wholesome Food.

43. Potatoes boil'd or roasted, and eat with Butter and Bread is good Food.

44. Puddings of all sorts, as light ones made of Bread, is good Food.

45. Plain Puddings, made with Eggs, Flower and Milk, well boil'd and buttered is the best.

46. Puddings made with Flower, Milk, Eggs, Currans or Raisins, is indifferent Food.

47. Dumplings boil'd, made with Flower, Milk or Water, only with a little Ginger and Yeast, when it is boil'd, butter it, and it is excellent Food.

48. Apple Dumplings boil'd and eat with Butter, is the best way of eating them.

49. Dumplings made with Flower, Milk, Eggs and a little Butter, mixed and worked up in them, made about the bigness of a Crown Piece, and then boil'd and eat with a little melted Butter over them, this is a pleasant and substantial Food.

50. Baked Puddings afford good Nourishment, but are fittest for working People.

51. Bonnyclabber eaten with Bread is excellent Food in hot weather, especially for Consumptive People. How to make this, and many more excellent and cheap Dishes; Read my *Notable Things*, or *Way to save Wealth*; shewing to live for 2d. a day, it Treats of Temperance and Sobriety, and to make Bread of Roots, Herbs and Leaves of Trees; to make cheap Liquor without Malt or Hops; a cheap way to restore sick and Consumptive People; to cure all sorts of Wounds by a Puoltise only; to save Coals, Shooe Leather, Candles, Hats and Soap: to make German Balls, to make German Ink-pouder, and Coffee of Horse Beans; to destroy Vermin; to make cheap and best Spirit of Scurvygrass; to feed Horses without Hay, Grass or Corn, with many other notable Things. Price 6d. Sold by G. Conyers, at the Ring in little Britain.

52. Flummery is also an excellent Food, especially for weak Stomach'd People, whose Passages are farr'd and obstructed by Phlegmy Matter. To make it aright; Read my *Rich Treasure*, or *Book of Knowledge*, Treating of the 4 Complexions, and of Notable and Approved Medicines; Rules for Blood-letting; to know when fair weather; to order Bees, Silkworms, Poultry; and all sorts of Cattel to the best Advantage; to save a quater of a yard of Cloth in cutting out one Shift; to make Artificial Wines of all sorts, and Improve Lands; to make Bills, Bonds, Wills; Accounts of Market Towns,
Post

Post Roads, and where Coaches, Carriers and Waggoners, going out and coming in. Of Silent Language, or how to speak by Figures; a Scripture Exposition of hard Words, &c. to order Pidgeons or Conies; of Dreams, and divers other things. Sold by G. Conyers, at the Ring in Little Britain, Price 11. by the Author of *The way to Save Wealth*.

53. A pint of Cherry Wine, Curran Wine, Gooseberry Wine or Cyder, with some Bread eaten, makes an excellent Meal.

54. Bread and half a pint of Canary, makes an excellent Meal.

55. A Pot of good Ale or Beer, and a piece of Bread, makes a good Meal.

56. Prunes, Raisins, Currans boild in Water, thickned with white Bread, adding Spice, Sugar, Butter and Salt, makes a noble Dinner; you may boil any of them single, and temper the Water with Oat-meal, and add Salt, Sugar and Bread; it makes a good Meal.

57. Sweet Charvel eaten with Bread, Butter and Salt, is an excellent Pottage for cold Stomachs, and is a friend to the Lungs.

58. Water-Cresses Pottage, eaten with Bread, Butter and Salt, cleanseth the Blood, and prevents fumes flying into the Head.

59. Bawm Pottage eat with Bread, Butter and Salt, makes an excellent Meal.

60. Mint Pottage does the same.

61. Parsley, Garlick, Leek and Onion Pottage eat with Bread, Butter and Salt, are good against Cough, Stone and Gravel, boiled each by it self, or together.

62. Sallary makes an excellent Pottage.

63. Smallage Pottage or Gruel, purifies the Blood, and is good against all Consumptive Humors.

64. Pease Pottage, boil them, and add Sage, Onions cut small, then season with Salt and Butter; this is a substantial Pottage.

65. Butter'd Wheat makes a noble Dish, is easie of Concoction, and generates good Blood.

66. Furmety plain or with Fruit, makes an excellent Meal, the plain is best.

67. Milk Pottage, half Milk and half Water, eat with Bread, is excellent for Consumptive and weak People, and those in health too.

68. Sage, Bread and Butter in *May*, and at other times, makes a noble Meal.

69. Bawm, Bread and Butter does the same.

70. Sorrel, Bread and Butter, and Parsley, Bread and Butter, and Radishes, Bread and Butter, creates good Blood, and fine Spirits, and is excellent Food.

71. Pear-pies and Apple-pies, afford good Nourishment.

72. Direction: to make divers sorts of Herb Pottage; when your Water boils, put your Herbs into it, and let them remain 5 or 6 Minutes; then take your Herbs out, then put a little small Oatmeal tempered with some cold water first, and well beat together into it, and beat it well with your Liquor; add salt and Butter to it, and eat it with Bread or without. Thus you see how small a matter may suffice a moderate Man. To know much more to this purpose, Read my *Notable things*; Printed for G. Conyers, at the Ring in Little Britain.

MODERN CURIOSITIES.

A sure way to catch Fish.

Take fresh Horstedung, and put it into a Bag or Net; throw it into the Water, and the Fish will gather about it.

Another way. Take Quicksilver, which put into a thick Glass Vial, fasten it to a Packthread, and let it down to the bottom of the Water in the Night, especially when the Moon shines, and you will see a multitude of Fish come together.

To Catch Fish. Take the Herb Dragonwort, from which extract the Juice, rub your Hands with it, and the Fish will come near, and suffer you to take them; the proper Seasons are from five till seven in the Morning.

Another way. Kill a Cat by smothering, bleed him, having flayed and paunched, roast him on a Spit without Larding, and keep the Dripping that falls, which mix with Yolks of Eggs, and an equal quantity of Oil of Spikenard, which mix well together in a Mortar to the thickness of an Ointment.

Another way. Take some of a Herons Flesh, and put it into a Bottle close covered with Clay or Wax, with some Musk, Amber, and Civet; put the Pot into a Kettle full of Water, and make it boil till you are sure the said flesh is converted into Oil, then take out the Bottle, and pour out the Oil; with which rub your Line.

Another way. Put Oil of Camomil into a Vial, and when you would fish, you must have some Worms, and kill them in the said Vial of Oil; and so Bait your Hooks with them.

To make Worms for Baits come out of the Ground.

Take Verdigrease, and boil it in a little Vinegar, with which sprinkle the Earth, and the Worms will come out.

To Catch Fish.

Take the Belly of a Heron, that is, the Bowels or Intrails; cut it in pieces, and put it in
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to a Glass Vial, which stop close with Wax ; then bury it in hot Horstedung, and let it turn to Oil, which will be in ten or fifteen days ; then take an Ounce of *Assa-fetida*, and mix it with the said Oil, it will all thicken like Honey, with which anoint a Line, Stick or Rod, or the Bait you fish with.

A wonderful Secret to bring the Fish to the place you desire.

Boil Barley in water till it bursts, and boil it with Liquorish, a little Honey and Mummy ; beat all together in a Mortar, till it is as stiff as a Paste, which put into Boxes close stopped ; when you would fish, take the quantity of a Walnut, and boil it in an earthen Pot, with two handfuls of fresh Barley, and a little Liquorish, stirring it till it is almost dry, then throw it into the place whither you would have the Fish come, and they will gather there.

To Catch Fish.

Take Fat of a Heron, Mummy, *Galbanum*, of each two Drams, Musk one Grain, two Ounces of *Aqua Vita*, mix all together in an earthen Pottinger over a gentle fire, and stir it till it be as thick as if boiled ; keep it in a Leaden Porringer, and with it rub the Hook, or the end of the Line or Cork, and the Fish will come so that you may take them with your Hands.

There are 12 Months in a Year, and 52 Weeks in a Year, 365 Days in a Year, 8760 Hours.

Conceited Experiments.

To make an Egg go up to a Spears end.

In the Month of May, take an Egg, empty the same at a little hole at one end, and fill it full of May Dew, stop the hole close with a little Wax and Parchment glewed, that the Dew run not out ; then stick a Spear in the Earth where,

where the Sun shines full upon it ; lay the Egg by the Spear, and it will mount to the top by the heat of the Sun.

To make Pinacles, Castles, Towers seem to appear in a Glass.

Take some Whites of Eggs, and put away the Stream from them, then put these Whites in an Urinal full of water, and let it rest half an hour, and then it will seem as if the Glass were full of Castles, Towers and Pinacles.

Tye Quicksilver in Parchment, and put it in the Pillow the Party lies on, 12 or 14 days after, you will find the feathers in Antick work, as if bewitched.

To Dissolve a Water to write to be read in the Night.

Take a good quantity of Glow-worms, and put them into a Glass, stopping it so that no Air may get out nor in; then put them in a Dung-hill where is Horse-litter for the space of thirteen days; then take it out and put it in another Glass, and then write what you will.

To make the best writing Ink.

Take two Quarts of strong Beer Wort, and put it into two Ounces of Galls beaten small; put thereto also an Ounce of Gum Arabick beaten or cut small, these three things let be in a Glass or Pot, and stir it two or three times a day, the space of eight or nine days together, then put to it an Ounce of Copperas or Roman Vitriol, and stir it, so let it stand a day or two, then you may use it.

To make Flesh seem to crawl full of Worms.

Take Harp-strings, and cut them into very short Pieces, which strow upon the Meat taken hot out of the Pot, and those Pieces will then move and stir about like living Creatures.

To hinder Tapsters from frothing their Pots or Cans.

Take the Skin of a Red Herring, rub the same on the Top of the Pot or Can, and they will be all full of clear Beer without any Froth.

To renew old worn Letters.

Take of the best Galls you can get, beat them grossly, and lay them to steep one day in good white Wine; that done, distil them with the Wine; and with the distilled Water that comes of them, you shall wet handsomely the old Letters, and they will seem fresh and new again, in such wise as you may easily read them.

To make live Craw-fish look Red.

Rub them only with *Aqua Vita*, and put them in a Dish with boil'd ones, and it will be very pleasant.

To preserve Apples from Rotting.

Rub them with the Juice of Spear Mint.

An admirable sort of Vinegar.

Steep the Roots of Beets in Wine, and in 2 or three hours it's made, and it will come to it self again if you add Cabbage Root.

PICKLES.

To Pickle and Preserve Cabbage.

Cut them into many pieces, which salt very well, sprinkling them with Cloves not too small beaten, lay them in a glazed Earthen Pot, placing one Layer of Salt, and another of Cabbage, to the Top of the Pot; the first and last Layer must be of Salt, then fill it with good Vinegar, and keep it stopp'd: observe that you take out this Pickle with a Silver or Wooden Spoon, and nothing of Iron, and touch not the Vinegar with your Finger. This, with a few Lettice Leaves, will be taken for Cabbage Lettice, but then

then no Cloves must be put to them, but Salt only. Cucumbers, Purslain, Artichokes, Asparagus, may be Pickled the same way.

For Green Pease.

Fill an Earthen Pot half Vinegar, half Water, into which put the green Pease; cover the Pot close, when you eat them, steep them first in fresh water.

To make White Wine Red, and Red White.

Ashes of white Briony makes Red Wine white, and Ashes of black Briony makes White Red. *Probatum est.*

To make Rose Vinegar in an hour.

Put green Bramble Berries into good Wine.

To make Rose Vinegar immediately.

Four Ounces of common Roses, and four of green Blackberries, Barberries 1 Ounce; dry all in the shade, and beat to fine powder, put a quarter of an Ounce to half a Glass of Claret, or white Wine; let it stand a moment, then strain it, and it is done.

To break an Iron as thick as your Arm.

Take melted Soap, and anoint the Iron in the middle, then with a Thread clear the place where you would have it break; then then take a Sponge dipped in *Aqua Fortis* thrice distilled, wrap it round the Iron, and in 6 hours it will break.

To make Parchment clear and transparent.

Make choice of the finest and thinnest Parchment you can get, scrape the same over with a Knife, till it become very thin (but first you must wet it well in water) then strain it upon a Frame, and fasten it well; and when it is dry, Oil it all over with a Pencil, with Oil of sweet Almonds, Oil of Turpentine, or Oil of Spike; some do it with Linseed Oil, when it is thorow dry, it will shew very clear, and serve in Windows instead of Glass; you may draw
any

any Figure upon it before it be Oil'd, and then cutting your Parchment into square Panes, and making light Frames for it, they will make a pretty shew in the Window, and keep the Room warm.

Astronomers say there are four manner of Cholers in a Mans Body, of the four Complexions, and that if one of these four lack, the Body forthwith dies, for one of these sustaineth the Body as the other, and therefore they ought to be at a certain.

The first then is Blood, if the Blood surmount the other, it destroys, overcomes and kills the Body; for it gathereth, and also congealeth even right on the Heart and Breath, and in that manner lessening by little and little, is overcome and dead; but all that time when the great Course taketh him, it may soon be asswaged, by taking away a little Blood, and then the petil will asswage.

The second Choler is Black; which is dangerous: If they surmount the other, cause the Body to fail by evil Sicknes, they cause Loss of Memory and Wit, also the Body will be scabby, and often measled; they make Men Fearful, Cowards, and of many ill Manners. By Herbs, Flowers, Abstinence, Drink and Medicines they may be removed.

The third is Flumes, and if these Flumes be white, they are dangerous, and if they surmount the other Cholers of the Body, they do great harm, by ingendring Gouts, and other Sickneses that be cold; also the Feet, Legs, Knees, Hands, Beins and Teeth are hurt; they make the Breath stink, the Nose and the Ears, and divers other Diseases. To Cure them, use Vomiting, Roots, Flowers and Herbs.

The fourth is yellow Choler. Now when the yellow Choler surmounts the others, they

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are perillous; they assorvant the Heart, and trouble the Brain, make the Members feeble, and spoil the Appetite both to Meat and Drink; they change the Colour, and cause loss of Sight. To Cure this, use Herbs, Roots, Flowers and Vomiting. These four Humors or Complexions have the Domination over the Body four times a Year.

Capricornus, Aquarius and Pisces, hath the Domination or Rule in the Body of Man the first 3 Months, beginning to Reign the 23^d. of *Dec.* and dure to the 26th of *March*, and these 3 Signs have power over the Flumes in the Bodies of Man or Woman, and they are cold and moist.

Aries, Taurus and Gemini, Rule the second three Months, and these have power over the Breast; and they be hot and moist, they Reign from the 22^d. of *March*, till the 23 of *June*.

Cancer, Leo and Virgo, they have power in the Body of Man of the yellow Cholers, and are hot and dry; they begin to Reign the 24th of *June*, and endure to the 26th of *September*.

Libra, Scorpio and Sagitarius, are cold and dry; they begin the 23 of *Septemb.* and last to the 23 of *Decemb.* And by observing these 4 Seasons every Man may keep himself from all the contraries of Meat, Drink and Cloathing, and from all other contraries. And if a Man keep himself as this Book informs him, he shall never be sick, or out of order by the Grace of God.

East.

The Water red and thin, the Grose male red and hard, the Spittle clammy. The Signs *Aries, Leo, Sagitarius*, is ingendered of cholerick, hot, dry and oriental. If the Sicknes be taken in these Signs, it is great peril, unless his Medi-

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cine

one be cold and moist, and his Diet of the same Complexion, then he may be heal'd by the Grace of God.

West.

The Water red and thin, the Grose male red and thin, the Spittle thin and sweet, the Excrements out of Course. The Signs *Gemini, Libra, Aquarius*, is engendred of sanguine, hot, moist and occidental: The Cure is cold and dry, with the Diet of the same Complexion.

North.

The Water thin and white, the Grose male thick and black, the Spittle thick and sour, the Excrements feeble; the Signs *Taurus, Virgo* and *Capricornus*, is engendred of Melancholy, cold and dry, septentrional; the Cure hot and moist, with the Diet of the same Complexion.

South.

The Water white and thick, the Grose male white and thick, the Spittle thin and sweet, the Excrements feeble; the Signs *Cancer, Scorpio* and *Pisces*, it is engendred of Flumes, cold and moist, Meridional; the Cure hot and dry, with the Diet of the same Complexion.

Oil of Olives, unslack'd Lime and Salt distilled together, make Incombustible Oil.

Put in an Earthen Alembick well Leaded, a quart of the strongest Vinegar, with a handful of Allom, and as much Salt, and distil it, and it makes *Aqua Vita*.

A Candle that cannot be put out.

Fill a Cane with Natural Live Sulphur, and wrap it about with Lints, and cover it with Wax, and light it, and you cannot put it out.

Take the Juice of Henbane, mixed with the Blood of a young Hare, and stitch it in a Hares Skin; which bury in the Earth, and it will gather together a great number of Hares.

If you put one or two Craw-fish into the Mouth of a Burrow, it will certainly make the Conies come forth.

To make Pouder strong. Add one Ounce of Borax, to 8 Ounces of Pouder, and mix together.

Orchanet beat to powder, and mixt it with Oil of Nuts, make it Luke-warm, and rub on Wood, will make a red Colour.

Yellow Colour is made with *French Berries* and Allum, or with Saffron and Turmerick.

Blue is made with 4 Ounces of Turnsole boiled an hour in 3 pints of Lime Water, and paint your Wood.

Grinde Lamp Black with Gum Water, and with a Pencil cover the Wood; when dry, polish with a Tooth, and it makes a polisht Black look well.

To Dye Bones an excellent Black. Take Litharge, Quick Lime, of each alike; heat them in cleane Water till ready to boill, always stirring the Bones with a stick till they boill a pace, then take it off the fire, stirring it till cold, and the Bones will be very black.

Take a Medlar and cut in 4 pieces, hang them so in the Vessel, as they touch not the Wine, and it takes away the Wines Mustiness.

The Lord Cavendishes Receipts.

To cool and refresh a Horse.

Give him Carrots with his Oats, or upon his watering Bit; Apples is excellent, and so Muskmelons, or the Skins of them; to wash his Oats in small Beer is also very excellent.

When a Horse is over ridden to Comfort him.

Take a pint of sweet Milk, put three Yolks of Eggs beaten into it, and three pennyworth of Saffron; one penny worth of Sallet Oil, which is two or three Spoonfals, give it your

Horse in a Horn; you may give him near a quart of Milk.

Honey one Spoonful put into Oats, I have known recover a very purisy Horse, continuing it a pretty time. Honey is excellent for the Lungs, a Cold, and to open all Obstructions.

Horses of great Exercise or over heated, and have great fire in their Bodies must be let blood often, nay twice or thrice within a few days one after another, and still let blood, until you see good Blood comes: To let such a Horse blood in the Mouth, and then rub his Mouth with Salt, and let him eat his Blood is an excellent thing; but you must purge him well, that his Grease may come away, for Horses of great Exercise would else be always *Foundered* in the *Body*, and then they will never *Thrive* until that Grease be brought away.

The best purge is 2 Ounces of Aloes *Sicatrina* lapt up in Butter, and made into 2 Pills, so give it your Horse after he hath rested a while; then give him this following refreshing Drink, which is the best Julep in the World.

Take *Mel Rosatum* or Honey of Roses, Conserve of Damask Roses, Conserve of Burrage, Syrup of Violets, of each four Ounces.

Burrage Water, Endive Water, Succory Water, Bugloss Water, of each near a quart.

Then you are to use both these Conerves and Waters thus.

Put all these Conerves in a Mortar, and beat them them or pound them together, and then mix them by little and little with the Waters, till they be well mixed together, then give them all together in a Horn to the Horse without straining; give it cold be sure. Syrup of Limons added to it is very good; give it twice or thrice a week, for a fortnight at least, and let the Horse rest afterwards.

Feed

Feed your Horse all the time of this great Heat within him with Wheat Bran amongst his Oats, and wash them in a little Beer, if he likes it. This Bran is the best thing in the World to get out his Belly, and to moisten him; because it dries up all superfluous Humors which heat him: In his Water when you water him, put also Wheat Bran, and let him eat of that Bran also. This is most excellent, and will cool and moisten him, and loosen his Skin if he be hide-bound, which all heat doth.

Lettices are good to cool him, Succory Roots or Endive Roots are all one: To boil Succory Roots in his Water is very good, and Purslain to give it him now and then to eat is very good; to sprinkle his Hay with water, and give him Radishes to make him piss, will cool him, and let him have no violent Exercise untill he be recovered, but gentle walking. This is the most excellent thing in the World beyond all other Printed Books of Receipts,

A Cooling Julep or Diet-drink.

Take Barley Water a quart, Syrup of Violets 2 Ounces, Syrup of Limons one Ounce, mix them together, and use this Water to quench their Thirst,

A Julep for Fevers to Bind the Body if it be loose.

One Ounce of Ivory, one Ounce of Harts-horn rasp'd, and put them in three pints of water, and let them boil till half consumed, then strain it thorow a Cloth, and put to this Liquor 4 Ounces of the best Juice of Barberries, one Ounce and half of Syrup of Pomegranates, This is to be used to cool. This is excellent for Horse or Man, but you may give a 3d or 4th part more to a Horse than a Man; when cured,

then Purge to take away the Dregs that remain, and no more.

A Cooling Potion, which is most excellent.

Take a quart of Whey, 4 or 5 Ounces of Syrup of Violets, 4 or 5 Ounces of *Cassia*, and a little *Manna*, and this will both cool and purge gently. To take it in a Clyster does much good to cool the Bowels, and is a very rare and soverain cooling Clyster.

All these cooling things are most excellent for Horses of great Exercise, which are over-heated and surfeited with Riding: see you give them first the Purge with Aloes to bring away their Grease.

Wheat to make greatly Increase. Put your Wheat into Water and Salt a day and a night, and before you Sow it, throw it into new slackt Lime, and Sow it as other Wheat, and the Increase (God willing) will be great, and the less Seed Sow'd. C. A.

To Write streight. Rule a Paper with a Text Pen and good Ink, and upon this rul'd Paper, lay a Leaf of the finest Paper, and the Shadow will appear thorow it, whereby you may right streight.

By wearing a pair of Spectacles, whose Sight must be so gross, as that he that weareth them may not discern any thing a far off, but at hand, a Man may safely walk on a high Scaffold or piece of Timber without falling, *Plat, Jewel-house, p. 23.*

To help a Chimney on fire presently. Get a large thick Blanket or Coverlet, and with the help of 2 or 3 Persons, let it be held close both above and below, unto the Mouth of the Chimney, so as no Air may enter, and if you can come easily to the Top of the Chimney, cover the same close also, either with a flat Board, or with wet

woollen

woollen Cloths, and the fire will go out and be smothered for want of Air.

An excellent Cement for broken Glasses.

Take Virgins Wax, and two parts of Tears or clear drops of Mastich, and Cement therewith; but the better way is, if you beat the whitest Fish Glew you can get, with a Hammer till it begin to wax clear, and cut the same into very small and short pieces, suffering the same to dissolve upon a gentle fire in a little leaden Pan, with a few drops of *Aqua Vita*; then let some other that stands by, hold both the pieces that are to be Cemented, over a Chafingdish of Coals till they be warm, and during their heat, lay on the dissolved Glew with a fine Pencil, then bind the Glass with Packthread, and let it rest till cold. Some use unslacked Lime and Wheat Flower, and the White of an Egg; others like Fish Glew with *Aqua Vita* and Ceruse, or with the Tears of Mastick, *Aqua Vita* and Ceruse; some use Rhenish Wine and Ising-glass or Fish Glew, for this purpose.

How to Plump up a Horse, and make him fat and lusty, as also how to keep a Jade from Tiring by the way, and to make him foam at the Bit.

Take *Anula Campana*, Cumminseed, Turmerick, Aniseeds, of each a pennyworth, and seeth them well (with three Heads of Garlick amongst them well stamped) in a Gallon of Ale; then strain it, and expresse as much of the Substance as you may well wring out, and give thereof to your Horse to drink a full Quart blood-warm, then ride him till he be hot, then Stable him, Litter him well, and Curry him until he be cold; do the like two or three Mornings together, and so turn him to Grass, and he will thrive wonderfully in a short time. Some commend a handful of Groundsel sudden in the aforesaid Ale with

with the rest of the Ingredients; but if you keep him in the Stable, give him to eat in his Provender the Roots of *Ænula Campana*, with some Cumminseeds both beaten together, or the *Ænula Campana* small shred, for 14 days together; and it will make a lean Jade to thrive more in one Month, than otherwise he could in three; and when you ride abroad upon a hired Hickney, carry a good quantity of *Ænula Campana* with you in some leather Bag, and when others do Bait their Horses in their manner, your Horse being well washed, litter'd and rub'd, give him a handful of this Poulder in a quart of strong Ale with a Horn, and tie his Head high to the Rack, and you need give no other, or very little Provender till Night; then let him be well meated, and give him in the Morning two pennyworth of Bread and his Ale with the Poulder, but water at Night; also if you tie a pretty Bunch of Pennyroyal about the Bit within the Horses Mouth, the Horse champing thereon, will foam gallantly, and travel with much more Courage. Another Gentleman, who also attended upon a very Honourable Person, told me, that whensoever he found any Jade to Tire under him, he would presently take off the Saddle, and with a good quantity of Arsmart (which is an Herb that grows almost in every Ditch and standing Water) rub him well on the Back under the Saddle, and afterwards lay a good quantity of Arsmart under the Saddle, and so ride him a y reasonable Journey.

To recover Health, and certainly know which of the four Humours have Dominion over a sick Person.

Take half a Pound of the finest Tin, one pound of Soder, 3 Ounces of Mercury, melt them; then take the (*Am. L. ama*) these or Metals softened with the Quicksilver altogether, and

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and put it into an Alembick, and there will be about four Spoonfuls of Water, which use as followeth. Pour 2 drops of this Water into the Urine of a sick Person, and it will separate the 4 Humors in an instant, and that whereof you see to be of most Substance, 'tis that prevails in the Body, and will often change according as it prejudiceth or offends the Health. The *Amalgama* is thus proved: Put it into your Hand, and pour thereon 2 or 3 drops of Juice of Citron, and it will presently turn Red.

A Receipt of the Antidote call'd Orvietan.

Take the Roots of Gentian, Carline, Dittany, Swallow-wort, *Anthora*, of each 2 Ounces and a half, round and long Birthwort, great and little Centaury, *Scordium*, Bistort, Betony, Tormential, of each half a Drachm, Dittany of *Crete*, *Angelica*, Rue, *Storzonera* Master Wort, Valerian, Leaves of Garden and wild Bugloss, Viper, Pouder, of all whereof take 5 Ounces to a pound of Clarified Honey, wherein was first dissolved Venice Treacle and Mithridate, of each half an Ounce with a little good Wine. The Dose is one Drachm dissolved in Wine or Broth, and if you find that gives not ease, repeat it two hours after, and six hours for the third time, and 12 hours the forth time.

To make a Perpetual Motion. Take *Aqua Fortis*, into which cast Filings of Iron of the smallest, and leave them in it till the Water has taken the quantitie of Iron that is requisite, which will be in about 7 hours. Take off your Water, and put it into Vial an Inch wide, with a large Mouth, and put in a Stone of *Lapis Calaminaris*, stop the Vial well, and keep it close.

To make a Man's Face appear hideous. Take common Salt and fine Chalk in pouder, with which pouder very well some Hemp or Flax, dipping them

them in good *Aqua Vita*, then set them on fire, first putting out all other Lights, and you will see strange things.

To make Wind blow out of a River. Take an Egg, empty it at the End, fill half with un-slacked Lime, and the other half with natural Brimstone, then stop it with Wax, put the Egg into the water and you will see wonders.

To make Crystal or Glass clear. Rub it with a piece of Lead, and it's done.

To make a German Ink Powder. Take of the Black of Rosin one Part, Coals made of Walnut, Apricock or Peach Tree one Part, Vitriol and Gauls equal parts, Gum Arabick 4 parts, all in Powder or in Cakes, and water sufficient to it, when you use it.

Take Cannon Powder, and dissolve it in fair water, and write upon Parchment, when you would put it out, rub it with a Handkerchief.

To make Rabbits come out of their Burrows.

Take Sulphur, Powder of Orpiment, and an old Shoe or Parchment, or Cloth, and burn at the Mouth of the Burrow, upon which the Wind blows, and spread your Bag under the Wind.

To Catch Partridges. Steep Wheat in *Aqua Vita*, and strow it where they are, and it makes them drunk.

To freshen salt Pottage. Put a small quantity of Wheat Flower into the Pot.

To sweeten ill tasted Oil. Put some Roch Alum into it, or boiling Water; observe that Oil in which Aniseeds has been steeped will not corrupt: the same will happen, if it be exposed to the fire or Sun.

To preserve all sorts of Fowl a Month at least.

Take a large Cask that has had Wine in it, knock out one Board or two, into which drive Nails

Nails to hang your Fowl upon in the Cask, so that they touch not each other.

An excellent Spice. Take dry'd Orange Peel 2 Ounces, sweet Marjoram one Ounce, Hyssop and Thyme 1 Ounce; all being well dry'd, powdered and mixed together, is as wholsom a Spice as can be used.

To make Fowl Tender immediately. Make them swallow a Spoonful of Vinegar a quarter of an hour before you kill them, and let them run about, then kill them, and put them in the Chimney from Night till Morning, and they'll be very Tender. Some draw them, and put a hot Stone into their Bellies, leaving them in the Chimney in like manner in the Smoak.

To preserve fresh Lard. Melt it and put to it a little good Verjuice, then when it begins to boil, to Six pound put one pint of Verjuice and let it consume, the same may be used to preserve Pomatum.

To make Wheat Increase exceedingly. Powder Salt Peter, and the Froth of Salt Peter, and mingle that with thin Earth, and so cast it into heaps of Corn, this will also keep Wheat safe and unhurt.

Meal to keep safe. Some bruise fat Pine-tree Boughs, and cast that into it; some bruise Cummin and Salt equally together, and making dry Lumps thereof, put them into the Meal.

Beans will keep safe if sprinkled and moistened with Sea Water. *Didimus.*

Beans will ripen well, if you steep them in Niter and Water, the day before you Set them.

To Ripen Pease betimes. Set them about the time of Barley.

Barley to Preserve. The dry Leaves of a fruitful Bay-tree will keep it safe and good, and all Ashes, especially of Bay-tree Wood put to it; also

also Houfleeck dried, and Calamint mingled together with Gyp, and so mixed together with the Barley. Others set a Vessel full of Vinegar, and cover it with a Cover in the middle of the Barley.

To take out Writing without spoiling the Paper.

Take Roch Allum, beat it with Juice of bitter Oranges, dry it in the Sun, and with your Poulder rub your Paper.

A most exquisite way of invisible Writing.

A Pennyworth of Litharge of Gold or Silver unprepared, beat it, then Infuse it in a Vial half full of strong Vinegar, shake them well together, and then leave them to settle, and being clear, write upon Paper with a Pen that's new, and it will not appear at all.

The second. Take yellow Orpiment and quick Lime, of each an Ounce, beat, and put them in 4 Ounces of common VVater, stir them well; this VVater will take away the second Ink, and make what was written with the first appear.

A third. Take Cork, burn it till it has left smoaking, extinguish it in *Aqua Vita*, or Spirit of VVine; dry it, and mix it with VVater and a little Gum Arabick, to the Consistence of thin Paste, when you would write with it, make it thinner with common VVater, and write upon what's written with the first mentioned Ink.

Against Bugs. Take Sprigs of Fern and lay upon the Boards.

Excellent Spanish Wax. Melt one Ounce of Rosin in an Earthen Dish, to which add as much Vermilion, and two Ounces of Shell Lack, being well melted and mixt, roul it into Sticks.

To stop the Fretting of Wine, Cast in a little Cheefe.

To keep Wine from growing Eager. Take the Fat of Bacon melted, and pour into the hole of the Vessel, so it may only touch the Superficies of the Wine, and it will never grow Eager.

To make a very fair Green. Take Vinegar, Tartar and Verdigrease, and boil them all together, and it's done.

To make Red Soft Wax. One pound of Vermilion, one pound of common Oil, VVax 20 pound, Rosin 10 pound, work them well together.

To hold Fire in ones Hand without burning, a strange way.

Put some Vitriol into strong Vinegar, with an equal quantity of Juice of Plantain, anoint your Hands. *Probatum est.*

To make a Light in a Chamber at Night.

Take unslacked Lime, and mix it with Water, letting it stand till it is clear, then put it into a Vial in a Chamber, and it will give a great Light.

To hinder a Pot of Meat from boiling. Put Nettle Seeds into it, and no fire will make it boil.

Hares Blood powdered and strewed on boild Meat, makes it look as if it bled.

Put some of the Herb Clary in a Pot of Pease boiling, if the Water is not very low, and the Pot covered, it will make them leap out.

To make an Egg move about. Empty it at the little End at a hole, then put never so little Vitriol into it, stop it up presently, and it will make sport; or put a Leach into it, having some Water spilt in some part of the Room.

To make a Dog follow any Man. Take the Fat of the Matrix of a Bitch, and mingle it with Bread, or anoint your Shooes with the same Fat. *Falopius.*

To see the Stars any day. Go into a deep Pit, or some such place, for by reason of the Darknes, and the great space therein, you may see the clear shining Stars. *Wicker.*

If you tie a Thread about a quart Pot or Egg, or Jug, you cannot burn it with a lighted Candle. This is very true.

To make a whole Company fall a Sneezing together.

Take Guinney Pepper more or less, and put it into a brown Paper, then put it into the fire. *Ld. Bacon.*

To make a Man Bold and Confident. Take the Heart of an Ape, and tie it about your Neck, letting it hang just over your Heart, and it will increase Audacity. *Ld. Bacon.*

Ague. Take a Quartern of Brandy, and half an Ounce of white Pepper bruised, mix it with the Brandy, and drink it when the Fit is coming. *J. B.*

Another. Take 4 pints of Milk, and boil three Drams of Allum in it, drink a good Draught of the Whey before the Fit comes, *W. M.*

Apoplexy to prevent. Make an Issue at the meeting of the Suture, and keep it open for a good while, but if the Case will not admit delay, clap on a good Cupping Glass without Scarification, or with it, as need shall require, upon the same Concourse of the Sutures.

Burn. Mingle Lime Water with Oil of Linseed, beating them with Spoon, and with a Feather dress the Burn oft in a day. *D. B.*

Bruises inward. Drink Posset Drink wherein Comfrey Roots is boil'd, or heat Sack with Saffron and Treacle over the fire, and Sweat in Bed, and sometimes eat Honey mixt with Nutmeg and Butter.

Bloody Flux or Dysentery. Take of Pigs Dung, dry it, and burn it to grey (not white) Ashes, of these

these give about half a Dram for a Dose, drinking after them about three Spoonfuls of Wine Vinegar.

Bleeding of a Wound. Take a Charcoal red hot out of the Fire, and beat it to Powder.

Bruises outward. Fry Camomil and apply it hot oft; if black Bruises about the Eyes, beat Wormwood and fresh Hyssop together, at going to Bed apply it on the Fingers Ends, the skin not broken open them not.

Bellies of Children that are great. Fry Wormwood in fresh Butter, spread it, and lay it all over the Belly fresh, for three Nights together. *W. M.*

Boils or Kibes, or to draw a Sore. Take strong Ale, and boil it from a pint to 4 Spoonfuls, and it will be an Ointment.

Blood spitting. Take the Juice Betony and temper that with good Milk, and give the Sick to drink four days, and he will be whole.

Blood pissing. Take and seeth Garlick in Water, drink the VVater, and it will heal him.

Bleeding at the Nose to stanch. Take a Packthread, and tie it as hard as you can on one or both the middle Joints of your little Finger, just above the middle joint. *Approved.*

Consumption and Cough of the Lungs. Of Honey the best take one pound, dissolve it in a Pipkin, take it off the fire, and put in two pennyworth of the Flower of Brimstone and Elecampane, two pennyworth of the Flower of Liquorish, and Red Rose VVater, two pennyworth, and stir them together till they are well mixt, and put it in a Gally Pot; Take when you go to Bed, about the quantity of a Nutmeg on a Liquorish Stick beaten at the end, and the same in the Morning, or when you Cough, so let it melt in your Mouth by degrees.

Cough. Take 2 pints of Ale, and put a handful of Red Sage to it; boil it to a pint, and put a quarter of a pound of Treacle to it, drink it warm going to Bed.

Cramp. Dry Eel skins, and wrap them about your Leg and Thigh.

Corns to soften and loosen. Spread a Plaster of Gum *Amoniacum* (not too thick) without being dissolved in Vinegar, and apply it to the place affected, let it lie on till it have done the design'd work of Emolition.

Corns, a good Remedy. Take Yeast of Beer (not Ale) and spread it on a Linnen Rag, apply it to the Corn, renew it once a day.

Water, one that cannot hold it. Take a pint of Milk, and put 2 Spoonfuls of Linseed, boil it about half away, drink it Morning fasting, and last at Evening.

An Account of Prophesie,

In what period of time it was that the Prophetical Spirit of God ceased, both in the Jewish and Christian Church? the Scripture is in a manner silent, therefore the most Authentick Histories must be inquired into.

Justin Martyr says, that Prophesie and Prince never ceased among the *Jews*, till Jesus Christ was Born and Suffered, and that *John Baptist* was the last of Prophets of the Jewish Church.

Clemens Alexandrinus, who agrees with all Jewish Antiquity says, that Prophesie determin'd in *Malachy*, and that there were 35 in all, and *Malachy* was the last.

The *Talmudists* reckon up 55 Prophets and Prophetesses together, that is, 48 Prophets, and 7 Prophetesses that did Prophesie to the *Israelites*, and they say, that *Malachy* was the last who was contemporary with *Mordecai*, *Daniel*, *Haggai*, *Zachary*, and some others, who all Prophesied in the second Year.

Year of *Darius*, but they commonly make only these three, *Haggai*, *Zachary*, *Malachy*, to be the last of the Prophets.

The Jewish Doctors tell us, that from the time that the first Prophets expir'd, the *Urim* and *Thummim* ceased; they were called the first Prophets in Opposition to *Haggai*, *Zachary* and *Malachy*, which are the last.

Maimonides saith, that they were called first Prophets, because they Prophesied in the time of the first Temple, and the *latter*, because they Prophesied in the time of the second Temple.

All the time that the Spirit of Prophecie lasted among the *Jews* under the second Temple, was 40 Years.

What time the Spirit of Prophecie which was again restored by our Saviour to use in the Christian Church, it may be thought that St. *John* was the last of the Christian Prophets, for that the *Apocalypse* is the last dated of any Book received into the Canon of the *N. Testament*; but there is no Scripture intimates any such thing, as if the Spirit of Prophecie was so soon to expire.

Eusebius tells of one *Quadratus*, that lived in *Trajan's* time, which was at the beginning of the second Century, that had the Gift of Prophecie. *Justin Martyr* says, that in the middle of the second Century, the Gift of Prophecie was not ceased, et not long after there is but little remembrance of the Spirit of Prophecie remaining in the Church.

Hence the *Montanists* are thought by the Fathers to be Dissemblers, for pretending to the Gift of Prophecie, for that it was then ceased in the Church. Antiquity indeed more frequently mentions some Miracles wrought in the Name of Christ (that is in the Power of Christ).

but less is said concerning the *Prophetical Writ*; especially after the second Century.

That it was rare, and but to be seen sometimes, and more obscurely in some few Christians only who had attain'd to a great degree of Self Purification.

Q. Was the Stile and Manner of Languageing the work of the Prophets or no? whether it does not seem that the Prophetical Spirit dictated the matter only or principally, yet did leave the Words to the Prophet himself?

A. I think, to doubt, that the Prophets might mistake in representing the Mind of God in their Prophetical Inspirations, except all their words had been also dictated to them, is to Question whether they would speak Sense as Wise Men, and tell them their own Thoughts and Experiences truly or not.

It seems to me, that the Visions and Dreams wherein the Nature of the Enthusiasm consisted, was in a Symbolical and Hieroglyphical shaping forth of Intelligible Things in their Imaginations, and enlightning the Understanding of the Prophets, to discern the Meaning and Scope of those *Visions* or *Dreams*; that these Words and Phrases in which they were, and audibly expressed to the Hearers afterwards, or penn'd down, should be the Prophets own. We find the Prophets every one of them speaking his own Dialect, and such Variety of Phrase and Style appears in their whole Writings, as may argue them to have spoken according to their proper Genius, which is observed by the *Jews* themselves. *Abarbanell* says *Moses*, that Prophesied from God immediately, from whom he received not only the Prophecie, but also the very Words and Phrases, and accordingly as he heard them, so he wrote them in the Book of the Law, in the very same Words that he heard from

from God; but as for the rest of the Prophets, they beheld them in their Visions, the things themselves which God made known to them, and both declared and expressed them in their own Phrase.

The *Jews* Scholiasts also say, that the Prophets that bid *Ahab* all of one go up to *Ramoth Gilead* and prosper, were false Prophets, because they all said go up and prosper. For the things they saw in Prophecie, they Explained and Interpreted in the Dialect which was most familiar to them.

Q. Is any Prophecie to be understood of the State of the World to come?

A. No, It cannot be comprehended in this Life, therefore all Divine Revelation in Scripture must concern some Estate in this World. The *Jews* say, that all the Prophets Prophecie to the days of the *Messiah*, but as for the World to come, Eye has not seen it. *Isaiah* 64. 4.

What is to be done relating to Greens Monthly, in the well ordering them abroad, and Cautions in bringing them abroad, and Housing, to preserve them and make them Flourish, with other things.

Now as to Greens as well as other things, it's necessary those that take Care of them, or would Improve them, should be well acquainted with the proper Seasons of Planting, Placing, and in every thing ordering, for want of which Skill and Prudence, I have often seen a great Defect in some very choice Gardens, through ill Management; for these as well as other things that depend on a Gardners Skill, require their proper Times and Seasons, and therefore to rectifie this Error in the Judgments of many, I shall briefly set down those Times and Seasons.

When the Sun enters *Aquarius*, or the watery Sign, it is proper for the Gardener to be busie at times

times his Green House or Conservatory, to keep a warmth there as shall be hereafter directed; and from that time to the end of *February*, he has little business to mind Greens abroad, for those that will endure the Rigor of the Cold, as Box Yew, Fir, Cypress, &c. want not his Care, but when the Sun enters the Vernal Equinox, on the Tenth or Eleventh of *March*, then it is time for him to think of these things, and require a Recruit, as Sowing Box, Myrtleberries, Pine and Fir Kernels, and if the weather prove open and seasonable, he may shear and prune such Greens as are abroad proper to be so used; and in the warmth of the day uncover those that lay under Straw or Mats, to Shelter them from the cold Season, may begin to open the Green House, and bring the most hardy of his choice Plants nearer and nearer to the Windows to inure them to the Air, but then the weather must be considered accordingly; for in this Month, weather sometimes is Frosty, and piercing, the Winds cold and blustering, then in such cases keep close the Green House; then if you have shorn your Cypress abroad, wrap Straw on the Tops of it, and keep warm your Ever-green and Nursery Seedlings abroad of any kind, lest the sharp Winds too much dry and wither them; but at the end of the Month be more bold, for then the weather being more, favourable, you may set Orange-trees, Limon-trees Myrtles, Lentiscus, Amomums, Aloes, Dates, Oleanders, Cyprus, Phylerea, &c. a Airing, open and exposed in the warmth of the day, the Sun having power then to cherish them; you may also Transplant Evergreens that are of some standing, and hardy to stand against the weather, nor be negligent in raising Stocks to Bud Oranges and Limons on; these are raised by setting Seeds in Pots, the Soil you set them in being a fine fat Mould, well mixed with some rotten Cow-dung;

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lay a hollowing at the bottom with Chips, Stones or rotten Wood, that the wet may sink away, and in the inclement weather you may set the Pots to the brims in hot Beds, and so growing up in two or three years, they will be Stocks fit to Imbud or Inoculate on, and the end of this Month is not improper to inoculate or Imbud, placing two on a Stock, one against another.

The next Month, *viz. April*, allows you to be yet bolder; you may sow the Seed, and set Slips of most perennial Greens, as their kinds are best taking, towards the beginning of the Month, and you may Ingraft by approach on Limons, Oranges, Pomgranates, Jessamine, &c. and as the Month grows older and warmer, bring your Choice Plants or Shrubs out of the Green House or Conservatory, but House especially the tenderest of them a nights again, and cover those you let stand abroad with Mats; also water them with Rain or Ditch Water warm, but not too much; and note by the way, when you Ingraft or Imbud, &c. any of these choice Stocks, cut them to an Inch and a half above the Ground, that the Roots may send a greater supply of Nourishment.

May is a more kindly Month to the Gardener, for now he may open the Green House, and venture out those things that are the hardiest, and set the most tender in the *Portico*, he may bring out, remove and Transplant Orange Trees, put fresh Earth to the Shrubs and tender Plants, loosening the old Earth about them, but not utterly taking it all away, and putting other Earth to the Roots, which will much refresh and nourish them, sifting some rotten Cow-dung on the top of the Earth; when levelled and smoothed down, cleanse their Leaves of Dust, and take off what is superfluous, that so when they are set abroad, they may appear sightly, and flourish the better. And for these kind of Plants, except Limons and Oranges, there is no great

great necessity of taking them up, and trimming the Roots, or Transplanting them, unless the Roots be too much Matted and out of order, so that it may hinder the flourishing of the Plant, and now *Barba Jovis*, *Alternus*, *Cypress* and *Phylarea* are properly to be clipped or shorn, or at your Discretion let alone if they need it not.

In *June* the weather is usually very warm and cherishing to all things that are produced, so that if you see it convenient, you may clear your Green House or Conservatory, and place your choice things abroad in the Garden, taking care to cover them with Mats in case of excessive Rains or Hail till the Storms be over; Inoculate Jessamine, Roses and such choice Shrubs as are proper to it, and find out a cold moist Plat to set Myrtle Slips in, and if you would Increase by Slips *Cystitis Innatus*, let the Ground be fertile and moist where you plant them; let them be of the same Spring, and not exceed a handful in length, and in your Garden put things in sightly order, that by Luxury or Intangling have been neglected.

July is the time of Pleasure in Gardens and pleasant Orchards, for now blushing Fruits give Pleasure to the Taste, and all the Senses may be pleased; you may the beginning of this Month slip useful Greens, and after Sun set water choice Plants; but not too much, Aloes not at all, leaving them to be refreshed by the Air and Dews, unless you perceive them pine and wither; and on the contrary, *Amomum* in the hot Season requires more watering than others, as being of a hot nature: Lay Layers of Orange, Myrtle, Granares and *Amomum*, you may continue to Inarch and Graft by Approach, Inoculate Jessamine, Oranges, and other fine Shrubs; and in the close of this Month lay Earth at the Roots of Orange Trees, and if the weather be excessive, remove them to the Shade, and compass their Pots or Cases with

cool

cool Earth, for too excessive heat draws their Moisture from them, and withers their Strength.

In *August* take the Advantage of the beginning to Bud Orange Trees, but let the Seed Stock you Inoculate, be between 3 and 4 years Growth, and take the Buds from an old Orange Tree of a bearing kind, that so they may take sooner and thrive better; and if the cold Dews and morning Frosts come on about *Bartholomewtide*, then begin to think of housing; in the mean while cover them with Mats at Sun setting, and remove first those that are capable to endure the least degree of Cold, and these are chiefly Oranges, Myrtles, Oleanders, Pomgranates, Phylereas, Limons, &c. also monthly Roses, Roses, Jessamine, *Arbutus*, and peg down the Shoots of the last Spring, in such fertil Mould as may make them take Root in their Season; and in this Month the next year they will be fit to Remove or Transplant, therefore set them choicely, and so he shall not be destitute of a Supply to store himself, and others.

September now calls on the Gardener to be careful of what is choice, lest the next year he repent it in the Thinness of his Stock: In the beginning you may Sow *Alternus*, *Phylera*, *Anula's*, &c. plant Vernalis, Cyclamen, *Iris Chalcodon*, &c. prune the Greens that are to dure the Winter abroad, and Tallow over the Wounds to keep the Rain from too much penetrating, or they from chopping, and towards the end of the Month, when Mists, cold Rains, and raw Damps fall; having all in your Green House that it requires, shut it up, unless in the warmth of the Day the Windows be opened, but shut them again before Sun set, and lay fresh Mould on the Boxes, Cases and Pots for the Winter Store, to nourish and succour your Plants in their Confinement; however, that you may not loose all the

the show in your Garden, notwithstanding what I have said, you may venture your Myrtles abroad to the middle of *October*, if there be no hard Frost : But the Limons, Oranges, *Indian* and *Spanish* Jessamine, *Chemalea-Tricoccoes*, *Sedum*, *Aloes*, *Oleanders*, *Citissus Lunatus*, and such like Tenderlings are indangered to be lost, if abroad so long.

In *October* the weather open, Sow Cyprus, and prune such Greens as require it, and have not already been so served ; Pillagreen and *Alternus* Seeds are proper to be sown about the middle : Dung the Roots of Greens abroad, and cover the tenderest of them for the whole Winter. As for *November* and *December*, little in this way is to done abroad, the Business being in the Green House, which in its proper place Treating of the Green House is directed.

F I N I S.

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To preserve the Eye-sight. A good order of Diet must in this as indeed in all other Cases be observed, and a good Air also because without it we cannot live a Minute. Choose that is neither too hot or cold, too moist or dry, but choose dry Places and somewhat rising; free from Moorish Ground. If a Man is forced to live in moist Places, to help to rectifie the Air burn Wood of Juniper, Rosemary, Tamarisk or Lawrel, or take of the Leaves of Eye-bright, Fenel, and Marjoram, an ounce of each, a dram of Zylœ, Aloes, fine Powder, and 3 drams of Frankinsense, mix them together, perfume your Chamber with it. Avoid the heat of the Sun and the beams of the Moon. Southern and Northen Winds are hurtful to the Eyes, so are places full of smoak and dust.

Meat is best that is easie digested, as Chickens, Hens, Partridge, Capons, Larks, &c. avoid those of gross Nourishment, and such as are Salt, Sweet, Slimy, Vaporous, Windy and Sharp. Rape or Turnep Roots are very good for the Eyes.

Fish is accounted bad (*Avicen* saith) but I suppose he means salt Fish, and those that are kept in standing Waters, but Trouts, Roches and such like do no hurt, and if such Fish is sodden with white Wine Eye Bright, Fenel, Parsely, Sage, &c. they are much the better, and a little Salt Fish thus prepared may be eaten sometime, and Intraills or Brains of any Creature are bad, except a Coney and a Pigeons which is very good for the sight.

Milk is said to dimn the sight, but Eggs poached or rear eaten with the Powder of Eye Bright are very excellent.

Spices. Ginger, Pepper and Mustard hurt the Eyes, Nutmegs, Cloves, Cinnamon and Suffron are good for the Eyes. G Herbs

Herbs good for the Eyes are said to be Fennel, Sage, Marjoram, Rosemary, Betony, Mint, Asparagus, Burnet, Savory and Parsley. But Creses, Dill, Basil, Purslain, Leeks, Colworts, Garlick, Onions and all Bulbous Roots and Mushrooms are bad for the sight.

Raw Fruits that abound with much moisture hurt the sight, yet Pears and Apples eaten with Powder of Eye Bright, or with Fennel Seeds crusted over with fine Sugar; a stew'd Prune before Meat, and after a Quince or Pear preserved, closes the Stomach and hinders Vapours from ascending, Radish and Parsneps are hurtful: Capers and Olives may be eaten Nuts and Raisons may be eaten, and Dates and Mulberies are not commended.

Drinks that we are accustomed too moderately drunk, whether Ale, Beer or Wine is good.

Eye Bright taken any way either with Meat, Drink, Medicine green or dry is good against all Impediments of the sight, and *Arnoldus de Villa* saith, put Eye Bright Herb into the Muste or new Wine till the Wine become clear to drink, will make old Mens sight like young, and takes away all Impediments in all Ages, especially in fat Men, and such as abound with Phlegm. He says it restored one which was blind a long time by using it one year.

Eye Bright powder'd and taken in an Egg or drank in Wine does the same. If the Wine is too strong allay it with Fennel Water and a little Sugar; Eye Bright is good put in Beer, Ale or Mead.

It is best to begin with the simplest order to compound Beer or Ale to each Mans liking, with only Eye Bright taking to every four Quarts a great handful of the Herb bound together; or you may put it into raw and thin

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Tinsel of Silk, and tie the same by a string to the top of the Vessel that the Eye Bright may hang in the midst of the Liquor, being put in when the Drink is new censed, let all work together till the Liquor be clear and ripe according to common use, then drink it when you please, in the morning fasting, and at Meat likewise. To avoid Windiness, to every handful of the Herb you may add 2 or 3 drams of Fennel Seed well censed and a little bruised; this you may begin withal, and when your Stomach is used to it you may put to every Gallon 2 handfuls of the Herbs or as you like it. In Winter you may add some Ginger, whole Mace, Cloves, Nutmegs and Cinnamon, and make it like Bragget; this clears the sight and helps digestion, cuts Phlegm and expels Wind.

Many has found benefit by Eye Bright and Fennel Seeds, one Mr. Hoard aged 84 used about the age of 40 to drink it in Ale for his Drink, and eat the Powder thereof in an Egg 3 Days in a Week, and it continued his sight to the 84th year, and so it did, he said, his Father before him; and other instances might be brought if needful.

Some commends other things compounded with Eye Bright, as Sage, Vervain, Celandine, Fennel Seeds, Aniseeds, Galingal and Cubebs, and they may be put in Drink to advantage. But I conceive Drinks compounded of fewest things are best especially using the same with Meat, therefore I only at this time advise you to use either Wine, Ale or Beer, as you best like, made as before prescribed with Eye Bright and Fennel-seed, and drink it in the morn, and if you please at Meat, as other Drink. Its reckon'd best not to drink at Meals till you have eat a little, and then drink small draughts and it will mix your Meat the better.

Bread

Bread must be made of clean Wheat well leavened, and somewhat salted, wherein may be put Fennel or Aniseeds, eat it about 3 days old, unleaven'd Bread hurts the sight excreimly.

All Colours are not good for the sight, the best is Green, Blue and Violet, they comfort the sight.

Eat not to fulness, for that is bad ; let the use of Venus be moderate, avoid over much Watching and Sleeping ; avoid Passion, Weeping and Melancholly.

Keep the Body in good order, if bound, Herbs made in Broth, as Mallows, Violets, Groundsell, Raisons, stew'd Prunes and Currans ; and, if need be, use other gentle Purgers, as thy Physitian shall direct.

Frications or Rubins is good with a course linnen Cloth, first rub the Feet, then the Legs, then the Thighs and Buttocks, and so up to the Shoulders and Neck, also to Comb the Head backward, and with an Ivory Comb, is good for the Eyes. Writing and Sleeping after Meats is bad for the Eyes. To keep the Eyes fixed on any thing long weakens them, so does much Reading, and to mind things that move swift, and turn round.

Of Medicines outward. Smell to Marjorum pretty much helps the Eyes, Spectacles of Cristaline Glasse, Green and Sky Colours ; to dip the Eyes in cold Water ; to wash them with your own Water, or a young Child's Water, or Water of Decoction of Eye Bright, Roses and Vervain. Things to clear the sight and remove Impediments are the Juice and Water of Eye Bright, of Fennel, of Vervain, of Marrigolds, of Pearlwort ; all which are much commended [Read more about the Eyes in a Book call'd a thousand Notable Things.]

To cleanse and strengthen the Eyes, use old clear White Wine, in which the Calaminar Stone hath oft been extinguish'd, and also the pure Liquor of Sugar Candy dissolv'd in the White of an Egg, raw roasted, and the yelk taken out.

Inward Medicines. Take of the Powder of Eye Bright, 4 ounces, of Mace 1, mingle them together and take as much as will lie on a 3 pence, before Meat, This is said to have cured many after their sight hath been decayed, and perfectly restore, it again.

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